

10-1985

Maine Running & Outing Magazine Vol. 6 No. 10 October 1985

Robert E. Booker

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VOL. 6 NO. 10
OCTOBER 1985



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Why do we have to certify the road races of Maine? Because, we have great age group runners like "Fast" Fred Judkins shown running in an early spring race. Runners like Fred, Ralph Thomas, Mardi Reed, Carlton Mendell and well as some of the fast young runners around the state need certified courses to run on in order to get the national recognition they so richly deserve.

This month we have two fine articles by Greg Nelson, Certification Chairman for the State of Maine. We now have nine fully certified courses in a state that boasts over 200 quality road races. Let's make the great times that make the races so outstanding pay off. Get out there and certify!

And for the racers? Insist on running in certified races. Someone can even pressure me to get my act together!

Bob

Maine Running & Outing is published monthly at Bangor, Maine.

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Brown Photography
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Searsport, ME 04974

APRIL AND MAY CALENDARS 2-4

The very best of springtime racing in New England.

MAINE T.A.C. SPRING ROAD RACE SCHEDULE
APPALACHIAN MOUNTAIN CLUB CANOE SCHEDULE

Road racing for the younger set and whitewater for the adventurers.

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More from Wacky Don Wismer

NATIONAL ROAD RACE RANKINGS 17-24

Greg Nelson's great "hard-work" piece on how Maine runners fared in the National Rankings for the year 1983. Check your '83 issues of MR to see how other Mainers would have fared if the courses they ran were certified and the results had been turned over to the N.R.D.C.

THE PACK 25-31

Lots of running and skiing results

WOODS RUNNERS 32-33

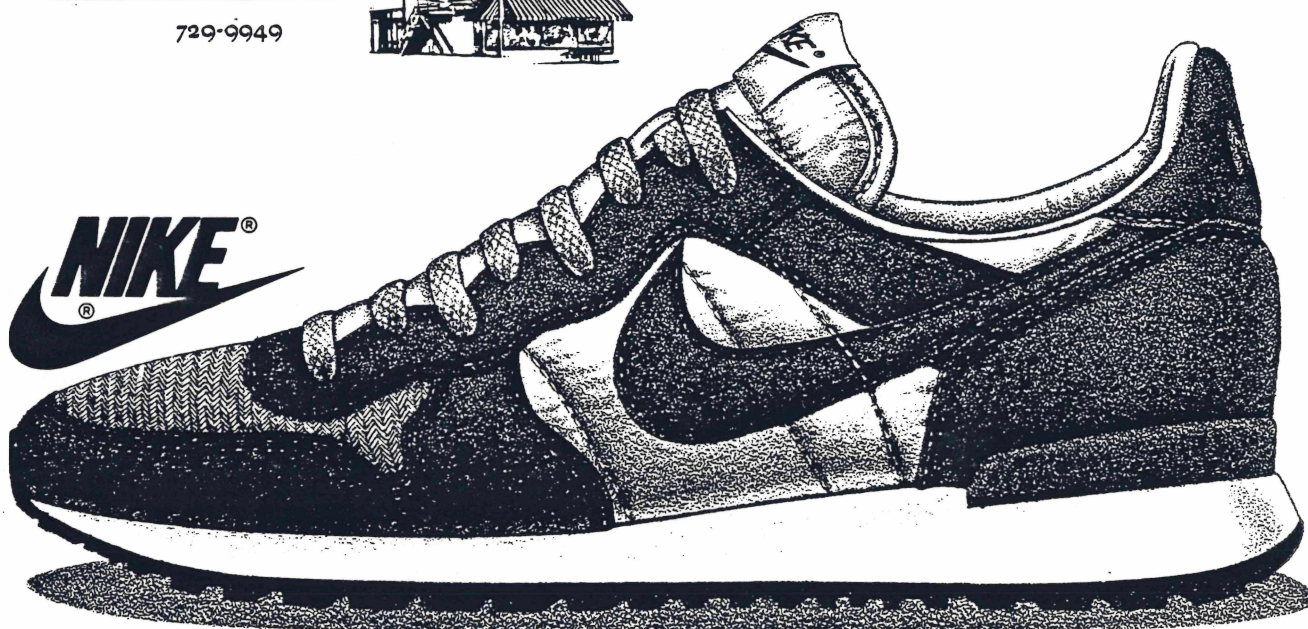
Nurdlie and Duane do it again with yet another great summer run - The Wild Katahdin Trust.

MAINE RUNNING CAMP NEWS 34

Andy is back with Tom Mulvey and BC sensation - Virginia Connors for Maine's oldest and best running camps.

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- APRIL**
- 6 THE 15 MILE CHAMPIONSHIP RUN. Union to Rockland. 11 a.m. from Rockland H.S. \$4 pre/\$5 post. Weight divisions! See flyer in February issue or contact Susan Schmitke, Spruce Head, ME 04859. Pen Bay Pacer event.
 - 14 FORT KENT 4 MILER. From Uof M Fort Kent at 1 p.m. Frank Murphy, Race Director Aroostook Musters, 35 Teague St., Caribou, ME 04736.
 - 14 FRANK SABASTEANSKI MEMORIAL POLAR BEAR RUN. Bowdoin College at noon. See flyer.
 - 15 PORTLAND BOYS' CLUB 5 MILER - 12 noon from Portland Boys' Club, 277 Cumberland St. A MTC event. Fee \$5 pre/\$6 post. Contact: Dave Paul 797-4242
 - 15 BAA MARATHON. 12 noon from Hopkinton, MA.
 - 20 MOOSABEC ROTARY 3.3 BY THE SEA. 1 p.m. in Jonesport. T-shirts to first 50. Fee \$5. Contact: Dave Alley at 497-2843
 - 20 SPRING RUN-OFF. 10 a.m. from U.M.P.I. in Presque Isle. 5K is directed by Dave Maxcy (Aroostook Musterd)
 - 20 5TH ANNUAL UNITY COLLEGE SPRING FAIR 5K ROAD RACE. 9 a.m. from the Unity College Student Center. Entry fee \$2 Contact: Ed Raiola at 948-3639.
 - 21 MDA- BOSTON MILK RUN. 12 noon from Emmanuel College, Avenue Louis Pasteur, The Fenway, Boston, MA. 10K for \$7 pre/\$9 after Apr 10. Write: Milk Run PO Box 915, Back Bay Postal Annex, Boston, MA 02117-0915 4,000 runners!
 - 27 AROOSTOOK TRUST CLASSIC. 3:30 p.m. start (a change) from Gouldville School in Presque Isle. 5 miler directed by Dave Rand, R 2, Box 385E, P.I. Me 04769
 - 27 APRIL AMBLE 4 MILER. Westbrook College. Directed by Bob Hodgdon. MTC event

- 27 2ND ANNUAL GOLD BAR RUN. 10 a.m. in Gorham. Contact: UofS. Me., Dept of Military Science, Gorham, Me 04038 (207) 780-5255
- 27 ST. JOSEPH SPRING WELLNESS RUN. 5K at 10 a.m. See flyer.
- 27 CHINA 10K CLASSIC. 10:15 1 mile fun run and 11 a.m. 10K. See flyer.

MAY

- 4 2ND ANNUAL INSURANCE WOMEN'S SCHOLARSHIP RUN 5K. 10 a.m. from Machias Memorial H.S. Gym. \$5 Trophies in 6 categories. Contact: Julie Millay 255-4047 after 5 p.m.
- 5 "PEOPLE DIE, DREAMS DON'T" - TERRY FOX 5K. 10 a.m. from the Bangor Motor Inn, Hogan Rd., Bangor. See flyer.
- 5 THE FALMOUTH LITTLE LEAGUE BENEFIT RACES. ½ mile, 1 mile and 4 mile. 10 a.m. start for race #1. See flyer
- 5 DOWNEAST - DOGTROT. 11 a.m. from Beauchamp Point, Rockport, ME See flyer.
- 11 LIONS 5K. 10 a.m. from the Boy & Book Park in Houlton. Directed by the Houlton Lions Club (Aroostook Musterd)
- 11 ATHLETIC ATTIC ROAD RACE SERIES - BANGOR 5 MILER. 8:30 a.m. start from the Bangor Mall. See flyer.
- 11 5TH ANNUAL ROCKY COAST 10K. 10 a.m. from the Boothbay Harbor YMCA. Contact: Jay Krouse 633-2435 \$6 pre/\$7 post
- 12 MOTHER'S DAY FUN RUN. 1 p.m. from the Tremont Community Center. 2 or 4 miles. Contact: Harbor House, Inc., Southwest Harbor, ME 04679

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CRANBERRY ISLAND ROAD RACE - 2 yrs.
MACHIAS BLUEBERRY RUN - 2 yrs.
KENDUSKEAG CANOE RACE - 2 yrs.
MEDUXNEKEAG CANOE RACE - 2 yrs.
HAMPDEN 8½ MILER - 3yrs.
HANCOCK LOBSTER CLASSIC - 3 yrs.
BOB BOOKERS - MAINE RUNNING CAMP - 3 yrs.
MARCH OF DIMES - WALK AMERICA!
KATAHDIN TRUST SNOW RUN - 2 yrs.
TERRY FOX MEMORIAL RUN - 2 yrs.
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See
below



- 12 BOY RICE MEMORIAL 5 MILER. 10 a.m. from Cape Elizabeth High School. John Keller, Director MTC event.
- 18 KENNEBEC VALLEY YMCA 10,000 METERS. 10 a.m. from the Hodgkins Jr. High in Augusta. See flyer.
- 19 STARK TREK 6.2 and 1 MILE. 10:30 a.m. from Conway Village, N.H. Contact: David Sporcic (603) 447-6600.
- 19 SPECIAL OLYMPICS BENEFIT RACE. 5 miles and 2. Maramont, Saco.
- 19 HELEN P. KNIGHT 5K. 1 p.m. from Downtown Mall in Caribou. Conrad Walton, Director (Aroostook Musterds)
- 26 4TH ANNUAL MEMORIAL DAY MDI - WESTSIDE RIDE BICYCLE RACE. 1 p.m. from the Harbor House, Southwest Harbor, Maine 04679 Distance 25 miles.
- 26 *1985 MAINE COAST MARATHON* Only Boston is a faster New England Marathon! 7 a.m. start from Kennebunk High School. \$10 before May 1st/\$15 after. See flyer in March issue or contact: Maine Coast Marathon, P.O. Box 1686, Biddeford, ME 04005. See you there!
- 27 THE INN RACE. 11 a.m. from the Sports Inn in Caribou. Nancy Jackson, Director. (Aroostook Musterds)
- 27 THIRD MARSH STREAM STAMPEDE 10K. Monroe (Jct of Rte. 139 & 141) 9:30 a.m. at School. \$6. Contact: Monroe Lions Club, PO Box 687, Monroe, ME 04951 Bill DoPheide (207) 525-7708.
- *19* TRIBUTE TO TERRY FOX. 4 Mile Portland Run sponsored by the M.T.C. The date May 19 is correct, but that's a Sunday, not a Saturday as seen on the flyer, opposite. Bob Coughlin apologizes for the error. Help spread the word!

TRIBUTE TO TERRY FOX

(1958 - 1981)

From April 12 to Sept. 1, 1980 Terry Fox ran his Marathon of Hope, a trans-continental run of Canada—on one good leg and an artificial limb.

He ran to prove to people that being handicapped doesn't mean being disabled . . . that cancer can be beaten. He ran to raise money for cancer research.

Struck down by cancer again, after running 3,339 miles, Terry Fox's dream still deeply mattered to him. On his deathbed he told a reporter: "People die, dreams don't."

Help keep this very special young man's dream alive—come run and help raise money to fight cancer.



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BEATEN



4-Mile PORTLAND RUN

Maine Track Club & American Cancer Society
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Where: U.S.M. Gym
Falmouth St.
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Course: 4 mile (wheel measured)

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Registration:
\$5.00 Donation

Awards:
Trophies for different categories. T-Shirts will be awarded to the first 50 finishers. A brief biography and drawing suitable for framing, of Terry Fox to each entrant. T-Shirts left will be sold @ \$5.00 each to finishers only.

Name _____ Sex _____ Age _____
Address _____

Registration: \$5 recommended donation.

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against the sponsors at this run.

signature

parent's signature if under 18

Make check payable to: American Cancer Society

Mail to: Bob Coughlin, 23 High Point Rd., Scarborough, ME 04074

*Results of this race will be printed in full in Maine Running Magazines.

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April 20 Greely Jr. High, Cumberland Center
April 27 Auburn (tentative)
May 4 Rowe School, Yarmouth - Irv Felker 846-4669
May 11 Sabattus Elementary School - Roland Trottier 353-8857

May 18 Championship - Mark's Variety opposite Lisbon H.S., Rt 196
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Questions concerning the program please contact: Roland Trottier 353-8857
Ron Kelly 883-2747

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The number after the river is the difficulty rating; "L" is leader;
Co-L is Co-leader; "R" is Registrar. Have a good Holiday."

Trip fee: \$1 per adult AMC member; \$2 per non-member.

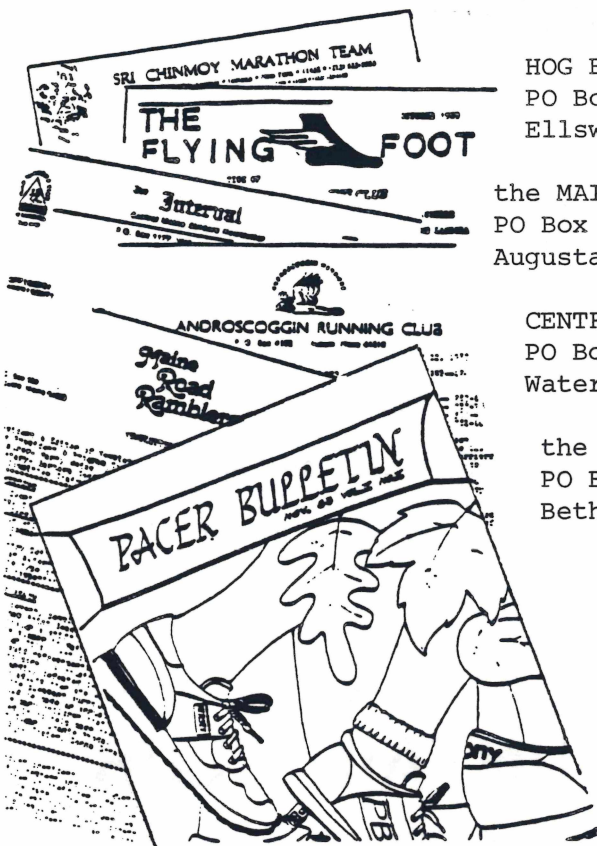
April Whitewater Schedule

1 NIAGARA 6+ (Covered boats). L Tim Sullivan (797-6874)
Run the Falls, then play in the whirlpool below. No open boats.

- 6 BEARCAMP 3. L Alice and Bill McKenna (647-2251).
- 7 CROOKED 3. L Alice and Bill McKenna (647-2251).
- 13-15 AMMONOOSUC 3. GALE 3+. Leader's Choice 3+. L Tim Ensworth (767-3679); Co-L Mike Patterson (846-9735). Paddle part or all.
- 14 LEADER'S CHOICE 2. Dick Leslie (846-9544)
- 20-21 C1 3 Instruction, AMMONOOSUC. L Bob Farrington (688-4782) and Ed Kornbrath (799-3116).
- 27 UPPER SWIFT &/or SACO 3+. L Tim Sullivan (797-6874).
- 27 WEBB 3. L Gerry Bates (781-4180); Co-L Dick Leslie (846-9544).
- 28 SANDY 3. L Jeanne Guttman (772-9673); R Gerry Bates (781-4180).
- 28 SACO 2. L Dick Leslie (846-9544).

More in the May thru August issues of Maine Running & Outing

CLUB NEWS



HOG BAY TROTTERS
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NORTHERN BAY ATHLETIC CLUB
PO Box 344
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the MAINE ROAD RAMBLERS
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Augusta, ME 04330

ANDROSCOGGIN RUNNING CLUB
PO Box 382
Auburn, ME 04210

CENTRAL MAINE STRIDERS
PO Box 1177
Waterville, ME 04901

the DOWNEAST STRIDERS
26A Boynton St.
Bangor, ME 04401

the BETHEL OUTING CLUB
PO Box 157
Bethel, ME 04217

the MAINE ROWDIES
c/o Charlie Gordon U.R.
309 Maine St.
Brunswick, ME 04011

MARATHON SPORTS RUNNING CLUB
RD 2, Box 234H
Alfred, ME 04004

the PEN BAY PACERS
PO Box 302
Rockland, ME 04841

the WOODS RUNNERS
Box 201
Patten, ME 04765

the MAINE TRACK CLUB
PO Box 8008
Portland, ME 04104

the AROOSTOOK JOGGERNAUTS
93 Barton St.
Presque Isle, ME 04769

the MAINE ASSOCIATION of the TAC
105 Maple Ave.
Scarborough, ME 04074

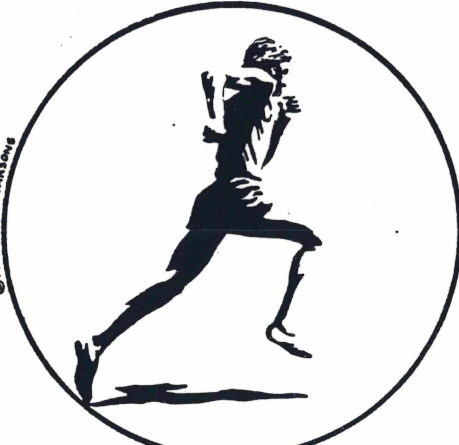
DOWNEAST ROAD RUNNERS
Sanford YMCA
Springvale, ME 04083

the LESSER DURHAM STRIDERS
43 Cumberland St, Apt 2
Brunswick, ME 04011

the MOOSE CHASERS
21 Hillcrest Dr.
Presque Isle, ME 04769

the AROOSTOOK MUSTERDS
35 Teague St.
Caribou, ME 04736

If your team isn't listed here, let us know. We want to provide race directors and other interested individuals with the most complete listing of Maine running clubs available. Hope all the addresses are correct as well.



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Strom on Masters

In regard to last month's article, I overlooked Widgery Thomas, Jr. who is a veteran master in the over 60 category. He's making good progress and should be in contention in future races where there are over 60 age category awards. In addition to the Mid-Winter Classic 10 miler, the Maine Milk Run III Five Miler gives five year age categories through age sixty, 1st, 2nd and 3rd, plus 1st over sixty male and female. You can thank Barb Footer, race director for this! The American Medical Jogging Association 50 Mile National RRCA Championship held in Chicago, October 14, 1984 - Gary Cochrane of the Rowdies came in first in the 40-49 age category with a 9:05:22.

Dr. Jerry Roberts handed me an article about Dr. Roz Randall, life-long resident of Portland and member of the Marathon Sports Running Club that appeared in the St. Petersburg Times. Besides running great (1st woman 30-34, Tampa Bay British American International Marathon 3:24.42; 1st woman 35-39 Florida Festival, Orlando 3:11:03 for 6th woman overall out of 130; 2nd woman 35-39 in the Sarasota Herald Tribune 10K in 41:25) she is working as a veterinarian at the Tampa Bay Downs.

I also neglected to say that I am in the over 55 category, another reason for the interest in five year age categories!

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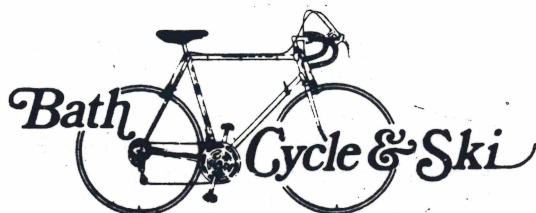
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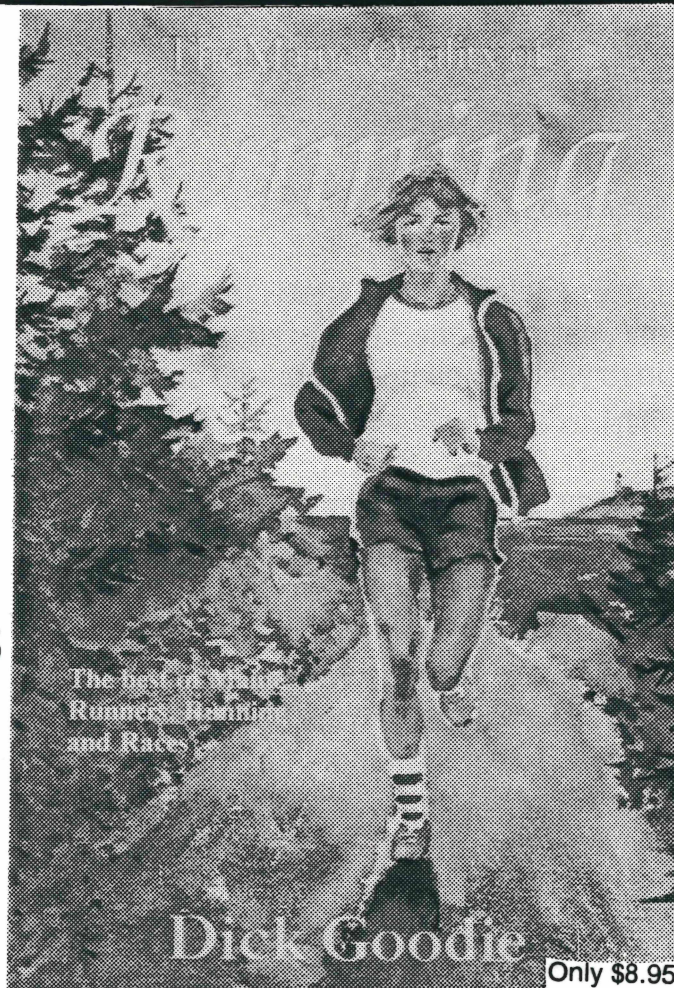
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Ideal gift for anyone who runs, jogs or just watches road races.

Greg Nelson
138 Maine Ave.
Gardiner, ME 04345

Bob Booker
PO Box 259.
E. Holden, ME 04429

Dear Bob:

I have enclosed some materials to keep you informed as to what I am doing in my post as Maine TAC Certifier. I have compiled a booklet and a set of instructions (copies enclosed) describing certification procedures which I send out to those people who inquire about certification.

In addition, I have sent out a packet to all the running clubs listed in Maine Running. This packet contains a cover letter containing some background information on myself and the organizations which I am trying to promote: TAC, the Road Running Technical Committee (RRTC), and the National Running Data Center (NRDC). The packet also contains two articles I wrote: Road Race Course Certification and National Road Race Rankings. I have also enclosed copies of that material. I didn't send the clubs the Certification Booklet itself as I would rather they correspond with me plus I also need some money to cover the cost of copying and mailing.

If you wish to print either of the above articles or parts of the articles please feel free to do so. It looks like there is some definite interest in certifying this year as I have already received several inquiries about it. As the weather warms up and the word gets out that I am the person to contact I expect to receive quite a bit more. I appreciate your efforts to spur Race Directors to get their races certified. It should really help.

I hope to see more people all around the state develop the willingness and experience to measure courses so that it will become a much easier procedure in the future. It looks like the founding of the RRTC is already making a big difference. Especially useful are the forms, instructions, and examples that I have received and put together in my booklet. Now if we could only get the official TAC manual to press (see pages 21-24 in the booklet) it would be even better. Last I knew it was held up because TAC wanted a listing of their officers in it. Oh well, politics.

Best of luck in all your projects this year.

Yours truly,



Road Race Course Certification
by
Greg Nelson - Maine TAC Association Certifier

This year you probably will be seeing more and more publicity about certification for road race courses. What exactly is certification and why is it important? This article will try to answer those questions plus also describe the procedures needed to certify a race course and finally, tell you where further information and an application for certification can be obtained.

What is Certification?

Certification simply means: 1) that the race course was measured by standard procedures established by a national committee (the RRTC, see below for more details) to insure accuracy, 2) that the measurement procedures were documented, and 3) that this documentation was approved by the RRTC. Upon approval, the race is allowed to advertise that it is certified, thus assuring runners that they will run an accurate distance.

Why Certify?

The basic reason why people run road races is to see how fast they can run a certain distance. Naturally, every runner also has additional reasons. Some hope to win, some just hope to finish, while all undoubtedly are looking forward to a good time at the post race ceremonies. However, the fundamental reason for racing is to see how fast you can run; otherwise people would just train at home and not show up at races. However, to know how fast you can run requires an accurate course, and the only way that runners can be sure the course is accurate is if it is certified.

Of course, it is possible to measure a course accurately without certifying it, but to do so requires similar methods to those used in the certification process. So why not take the extra step and certify the course. In addition, the only way runners can be sure that a course is accurate is when it is advertised as certified. Even a course that is advertised as wheel measured can be as inaccurate as one measured by a car. The following example shows why.

A typical measuring wheel which you push by hand has a rubber tired wheel with a circumference of 3 feet or 36 inches. A 10k measures 6.2137 miles (393,700 inches). Therefore, the wheel must make $393,700/36$ (10,936) revolutions to measure a 10k. If your wheel is off just slightly, say 1/2 inch (only a 1.5% error), it would measure 35.5 inches but the counter would say 3 feet. Thus, after you measure the course thinking it was a 10k it would actually be:

$(10,936 \times 35.5) = 388,232$ inches long but
 $(393,700 - 388,232) = 5,468$ inches (456 feet or 0.086 mile) short.

This example illustrates how a small error in the measuring device can be magnified when measuring a race course. The above distance amounts to 36 seconds for someone running 7 minute pace, clearly a significant amount of time for someone hoping for a personal record (PR).

Additional errors can accrue if the measurer does not use the shortest possible route when measuring the course. I am sure that most of you have been to a race where the Race Director says at the start that the runners should run on the right side of the road. Then, as soon as the gun goes off the runners run all over the road taking the shortest possible route. If the course was measured on the right side of the road, this "short-cutting" by the runners could be significant, shaving seconds from their time.

However, even a measuring device with a built-in error can still be used as long as the measurer is aware of this fact and adjusts for it. The certification procedures guard against errors by requiring that the measurer: calibrate the measuring device against a known distance, measure the course twice using the shortest possible route, recalibrate the measuring device, adjust the course accordingly, and finally document his/her procedures. Certification establishes uniform procedures that anyone can use to accurately measure a race course, thus assuring its participants of its accuracy.

Thus, when a race course is not measured properly, runners can attain PRs and be mislead about their abilities. However, if the course is certified and advertised as such, then the runners know that the course has been measured accurately using proper procedures, and that their time is legitimate based on their condition, the weather, and the terrain. Certifying a course is the only way that all runners can be assured that the Race Director has taken the proper steps to have an accurate course.

Another important reason for certifying your race is that results from it can then be used in comparing runners. Maine Running and Outing Magazine has now adopted the policy that only results from certified races will be used in their annual rankings of runners and in their awarding of the Maine Runners of the Year awards. In addition, results from certified races can be submitted to the National Running Data Center (NRDC) in Tucson, Arizona for rankings against runners from all across the country. The NRDC compiles both All Time and annual rankings, usually 50-100 deep, of runners at 17 distances in 19 age groups for both men and women. Several Maine runners have made these rankings but many more would if there were more certified courses and Race Directors willing to submit the results to the NRDC.

Certification Process

The certification process involves several steps. First, obtain the necessary information, forms, and equipment; next, measure the course yourself or have someone do so; then, submit an application and accompanying measurement data to the RRTC (described below); and when approved by the RRTC, a Certificate signifying the course has been nationally certified is issued.

The Athletics Congress (TAC) with the approval of the Road Runners Club of America (RRCA) has formed the Road Running Technical Committee (RRTC), whose members are in charge of approving certification applications nationwide. Its members are appointed by their local TAC Associations. All members are capable of reviewing course certification applications but only experienced members have the authority to sign the Certificate signifying national certification of the course. In addition, the National Running Data Center (NRDC) in Tucson, Arizona has been appointed as the keeper of records for the RRTC for course certifications.

I am the Maine TAC Representative on the RRTC and it is from me that you should obtain information and forms on certification procedures. Once your course has been measured, submit the certification application and measurement data to me. I will review it, contact the course measurer and/or Race Director if I have any questions about their measurements. Then once I feel it is correct I will submit the application and measurement data to the Regional Representative for approval and issuance of the Certificate. Upon his approval, the Certificate will be signed and copies mailed to the NRDC, Maine Running and Outing Magazine, and the Race Director.

This may seem like an involved process but it is a necessary one to insure that courses all across the country are measured according to the same standards. Note that these procedures allow local race organizers to measure their own courses at little expense other than time.

Obtaining a Certification Application

I have compiled a booklet which contains an application, measurement data forms and other necessary information to allow you to measure your course properly and to get it certified by the Road Running Technical Committee.

If you would like a copy of this booklet please mail your request plus \$3 to:

Greg Nelson
138 Maine Ave.
Gardiner, ME 04345

582-5607 - H
289-3223 - O

Race Results Needed by the NRDC

The NRDC needs results of races to carry on its activities of keeping the official national records, age records, national rankings, race participation statistics and other statistics on road and long distance running. Specifically, we need:

- (1) results of all US non-track races 5 kilometers and longer
- (2) results of all US track races longer than 10 kilometers
- (3) results of foreign races where US citizens participate

Non-track races may be held on paved, gravel or dirt roads, trails or cross-country such as on golf courses or in parks. Results of races closed to school runners are not needed. Complete results are desired for all races but it is particularly important that the NRDC receive complete results of all races held on certified courses and tracks. Complete results include the following information for every finisher:

- | | |
|---------------|--|
| (1) time | (6) home state |
| (2) full name | (7) citizenship if not US |
| (3) age | (8) identify wheelchair/other non-racers |
| (4) sex | (9) dates of birth for top age group finishers |
| (5) home town | |

The race should be clearly identified by:

- | | |
|------------------|-------------------------------|
| (1) name of race | (3) distance |
| (2) date of race | (4) location (town and state) |

This information should be presented in a clear and readable manner. The exact format is left to the convenience of the race director. The most useful format lists men and women separately by five-year age groups, in order of finish time, in COLUM-NAR format. This is particularly helpful for races with more than 1000 finishers.

To substantiate marks that may qualify for records or national ranking, the following information must be supplied:

- (1) a copy of the letter signed by Ted Corbitt granting course certification. This serves to identify the course,
- (2) a signed statement attesting that the race was held on the course as certified,
- (3) complete race results listing the official times as recorded. If only full seconds are reported, we need to know how fractions of seconds were handled. The proper procedure is to take all non-zero fractions up to the next full second. If supplementary times are available for top open or age group runners, please list all official stopped times,
- (4) a description of the procedures used to match runners and times at the finish to insure accuracy. Note that an independent cross-check system (select timing) is required for all races with more than 100 finishers.
- (5) a description of measures taken to verify performances and to insure against cheating.

For races held on uncertified courses, we would prefer complete results. If full results are not available, please send the name, date, distance and location of race and the number of official finishers.

If race results do not list all finishers, some runners may not receive credit for age records or be included in rankings. If ages are not reported, runners cannot be considered for age records and may not be included in their proper age group for rankings. If sex is not indicated, women may not be recognized. If hometown and homestate are not reported, runners with similar names may be confused. If no results are received, we can't do anything for your runners.

Age records and rankings are published annually by the NRDC. Over 250 pages of annual and all-time rankings are included in "US Distance Rankings." Over 3000 age records are listed in "Running Records by Age." The NRDC clears all marks that are submitted to both the RRCA and TAC for official recognition as records.

Race results should be sent promptly to the NRDC, PO Box 42888, Tucson AZ 85733

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What, Me Run?

A rule of thumb for running in cold weather is to go outside, feel the temperature and wind, and then dress in a little less than you think you need. That technique works most of the time, maybe 75%.

In the summertime, it's different. Then most runners I see would plainly just as soon wear zilch, if they could get away with it. I remember high school track in the 60s, when coaches said to wear sweatshirts because the cloth would capture the sweat, spread it around, and make it evaporate more efficiently. They also fed us lots of salt tablets. We're lucky to be alive today.

I talked with a runner who was lamenting long distance practice running in summer, because she had to drive around the course first and hide water bottles here and there. (This is quite possible in the Maine woods where we live, but something of a problem in skid row.) Hiding water had never occurred to me, maybe because I'm always late for something, and I'd end up hiding the water and then not having time to run. But she has a point, and I keep reading about how you should grab water whenever you can during a hot race, unless you want to die. I tried it a few times last year, but every time I took one of those paper cups and tried to drink from it on the run, the water would slosh up into my face and all over my glasses and down my front, and hardly any would get into my mouth. So I began telling the people at water stops to throw the water at me, which they did with great enthusiasm, cooling me off all at once but rather annoying those runners keeping pace with me. Now I find out that you can stop running, hold the cup steady, drink from it, and then take off again, without anyone suspecting your manhood or disqualifying you from the race. I'll have to try it that way.

In winter, it's not so much of a problem, but dressing is. For one thing, it takes so much time to dress and undress that there's not much energy left for the actual running. If you follow the principle in the top paragraph, then you're ok most of the time, but the rest of the time one of two things happen. Say you take off on an out-and-back course. You cruise along for four miles, feeling light and great and thinking that you dressed just right this time. Then you reach the halfway point and turn around, and discover that all this time you've been running with a tail wind.

The other thing that happens, at least in Maine, is that you take off, the wind in your face, and run a few miles congratulating yourself that at least this time you dressed just right, and then you dip down into a four-mile long valley in the woods, and the wind dies dead, and there's nothing but you and the sun, and you sweat like a pig until you rise up out of the valley again, and there's that wind, and you can't run fast enough to keep ahead of it. In my case, my five year old daughter offered to yank the icicles off my beard for me. I wouldn't allow it.

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NATIONAL ROAD RACE RANKINGS by Greg Nelson

The National Running Data Center (NRDC) in Tucson, Arizona is the keeper of records for the entire country for Road Racing. The NRDC, which in reality consists of Ken and Jennifer Hesketh Young, pours through the thousands of race times submitted to them, verifying their accuracy and establishing records for various distances and age groups. The amount of work this husband and wife team does, especially considering that Ken is also a Professor at the University of Arizona, is mind boggling.

Recently the Maine Road Ramblers received two volumes of records that rank American road racers at all the standard distances for open and age groups, both for 1983 and All-Time. I have looked through them and selected some of the performances of Maine runners that I think might be of interest to you.

First of all, for a person's time to be ranked by the NRDC it must meet three basic criteria which unfortunately eliminate many performances, especially in Maine. First, the time must be run on a certified course. This means that the course must have been measured to the satisfaction of a National Standards Committee: the Road Running Technical Committee (RRTC) which was established by the Athletics Congress (TAC). Statistics have proven that almost all uncertified courses are short and out of the more than 200 races held in Maine in 1983 only 23 were run on certified courses.

Second, the course run must be the same as the one that was measured. This has been a problem for some of the big city courses which depend on proper placement of cones to direct the runners. Our own Joanie Benoit lost an American record for the 10k of 31:37, set at the 1983 Bonne Bell, when it was found that the runners were turned around too early resulting in a course 91 meters short.

Third, the results of a race must be submitted to the NRDC with information such as age, town, and state so that they can establish rankings. This requirement eliminates many fine performances as the Race Directors of most certified courses in the state don't submit the times from their races.

The Maine Road Ramblers and the Marathon Sports Running Club are the only clubs which consistently make the effort to give the runners in their races a chance for recognition by meeting all of the above requirements. It has always been a mystery to me why people make the effort, which is considerable, to certify their courses and then don't mail the NRDC their results. This is especially mystifying nowadays when all the required information is usually available, such as when submitting the results to Maine Running.

After you see some of the people who have attained times good enough to be ranked and think of all the good runners from Maine who haven't, you might start asking Race Directors the same question.

The NRDC publishes rankings for Open Men and Women and the following Age Groups: 7 & under, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 and 85-89. The rankings are maintained for the following distances: 8, 10, 15, 20, 25, 30, 50, and 100 kilometers, 10, 20, 50, and 100 miles, one, two and twenty-four hour runs, and finally the marathon and half-marathon. I told you the effort by the Youngs is mind boggling.

Well, enough background and personal opinion and on to the rankings. I have listed Maine runners (both residents and natives such as Bruce Bickford) who made the rankings, plus the first and last times in that Age Group to serve as a comparison. The depth of the rankings varies depending on the amount of runners in each age group.

8 kilometers (4.97 mi.) - 1983

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Men	1.	22:34	Steve Scott	27	Tempe	AZ
	2.	22:37	Bruce Bickford	26	Wellesley	MA
	14.	23:05	Hank Pfieffe	32	Kennebunk	ME
	100.	24:16	Greg Beardsley			
Boys 14-15	1.	26:06	Eric Peterson	15	Eugene	OR
	11.	28:17	Doug MacDonald	14	Waterville	ME
	12.	28:19	Brian Carrell			
Men 35-39	1.	23:00	Bill Rodgers	35	Sherborn	MA
	36.	27:04	Greg Nelson	35	Gardiner	ME
	45.	27:17	Fred Judkins	38	Waterville	ME
	50.	27:21	Bob Asada	37	Harbor City	CA
Men 45-49	1.	26:23	Robert Packard	46	Flagstaff	AZ
	10.	27:59	Ralph Thomas	47	Gardiner	ME
	50.	29:39	Richard Shook	48	Pittsfield	MA
Men 60-64	1.	30:39	Don MacKenzie	61	Bellport	NY
	14.	33:21	Carlton Mendall	61	Portland	ME
	50.	37:08	Frank Fernandez	60	Phoenix	AZ
Women 45-49	1.	31:48	Helene Bedrock	48	Cliffside Pk.	NJ
	32.	36:53	Wendy Sayres	49	Readfield	ME
	50.	38:38	Juanette Imooh	49		

The only 8 kilometer (5 miles can also be used) races in Maine that were submitted were the Maine Road Ramblers' Fort Western Twosome in Augusta and the Gardiner Common 5 Miler. Congratulations should also go to the two best Maine male runners ever: Bruce Bickford, formerly of Benton and Lawrence High School, and Hank Pfeifle who made the Men's Open Rankings.

Some other Age Groups and the time needed to make the 1983 Rankings were:

<u>Age Group</u>	<u>Women</u>	<u>Men</u>
14-15	32:23	28:19
16-17	31:46	26:48
18-19	31:14	25:22
35-39	33:34	27:21
40-44	35:17	27:55
50-54	41:34	31:04
55-59	51:18	34:02.

There are some goals for you Age Group runners, better the above times and maybe you can get ranked.

8k - All Time

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Men	1.	22:04	Alberto Salazar	22	Eugene	OR
	7.	22:37	Bruce Bickford	26	Wellesley	MA
	38.	23:05	Hank Pfeifle	32	Kennebunk	ME
	100.	23:29	Jim Stinzi			
Men 40-44	1.	25:18	Frank Duarte	41	Santa Ana	CA
	21.	26:33	Jerry Crommett	40	Buxton	ME
	25.	26:38	Steve Close	40	Montecito	CA

In the All Time Rankings, the same person can be ranked more than once if his/her times are fast enough. Thus, Bruce Bickford has 3 other times in the top 100 and Hank Pfeifle has one more. Twenty-two of the 100 fastest All Time Men's times were run at the Sub 4 race in California in Dec. 1983. It is interesting that in spite of all the races she runs, Joan Benoit has apparently never run an certified 8k (or 5 Mile) since she didn't make these rankings.

10k - 1983

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Women	1.	31:52	Mary Decker	24	Eugene	OR
	100.	35:23	Mary Rybinski	26	Minoa	NY
Girls 14-15	1.	34:18	Cathy Schiro	15	Dover	NH
	4.	36:12	Susannah Beck	15	Yarmouth	ME
	25.	39:42	Suzanne Wolfender	15		

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Women 50-54	1.	38:03	Marion Irvine	54	San Rafael	CA
	29.	44:53	Natalie Buzzell	51	Cape Eliz.	ME
	64.	47:53	Leona Clapper	53	Bucksport	ME
	81.	49:09	Betty Hahn	50	Bath	ME
	100.	50:08	Gail Werner	50+	Caledonia	MI
Open Men	1.	28:01	Alberto Salazar	24	Eugene	OR
	7.	28:31	Bruce Bickford	26	Wellesley	MA
	200.	30:03	(run by 3 men)			
Boys 14-15	1.	32:43	Jeff Allison	14	Redmond	WA
	19.	34:28	Erich Reed	15	Raymond	ME
	25.	34:41	Michael James	14		PA
Men 16-17	1.	30:27	Brad Hudson	16	Califon	NJ
	15.	32:09	Seamus O'Sullivan	17	Hebron	ME
	30.	32:43	Mark Deady	16	Lincolnshire	IL
Men 35-39	1.	28:16	Bill Rodgers	35	Sherborn	MA
	91.	32:56	Greg Nelson	35	Gardiner	ME
	100.	33:05	Rod Yost	36	Grand Island	NE
Men 40-44	1.	30:34	Sal Vasquez	43	Alameda	CA
	31.	32:41	Jerry Crommett	41	Buxton	ME
	100.	33:57	(Run by 3 men)			

The only two Maine 10ks to send in data to the NRDC in 1983 were the Great Pumpkin, held in Saco and our Gasping Gobbler in Augusta. As I mentioned above, Joan Benoit ran 31:37 at the Bonne Bell Race in Boston but upon remeasurement the course was found to be short.

Some other Age Groups and the time needed to make the 1983 Rankings are:

<u>Age Group</u>	<u>Women</u>	<u>Men</u>
16-17	39:05	32:43
18-19	37:29	31:35
35-39	40:46	33:05
40-44	42:30	33:57
45-49	46:15	36:19
50-54	50:08	37:38
55-59	58:15	41:38
60-64	68:20	44:43.

10K - All Time

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Women	1.	31:44	Joan Benoit	26	Freeport	ME
	100.	33:52	(run by 6 women)			

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Men	1.	28:01	Alberto Salazar	24	Eugene	OR
	13.	28:24	Greg Meyer	27	Wellesley	MA
	15.	28:26	Bruce Bickford	25	Wellesley	MA
	100.	28:56	(run by 4 men)			

The All Time Rankings are dominated by the very best runners. Several individuals have shown tremendous consistency over the years to be listed many times. Patty Catalano has 7 times in the top 100, Joanie has 5, Bruce 6, Craig Virgin 9, and Bill Rodgers has 11 plus he has the fastest 8 times for the 35-39 age group. Jim O'Neil of San Diego has 12 of the fastest 25 times at 55-59, Dr. George Sheehan 8 in the 60-64 group. Cindy Darymple matches Rodgers with the fastest 8 times at 40-44 while Sister Marion Irvine has 12 of 25 in the 50-54 group and Ruth Rothfarb owns 11 of the 13 times ever recorded for women 80-84. Some other remarkable performances include Max Popper age 80, 50:48 for 10k; Clive Davies, 66, 35:52; Marion Irvine, 52, 37:43; Kay Atkinson, 65, 47:55; and Leona Lagers, 75, 53:40.

15 kilometers (9.32 mi.) - 1983

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Men	1.	42:41	Paul Cummings	29	Provo	UT
	21.	44:30	Bruce Bickford	26	Wellesley	MA
	100.	46:15	Leonard Hill	30	White City	OR
Open Women	1.	50:09	Eleanor Simonsick	24	Baltimore	MD
	50.	54:48	Melinda Ireland	31	Alpine	CA

Because New England has no certified 15ks that sent in results only Bruce Bickford, who ran in Oregon, made the Rankings. Thus few Maine runners have had a chance to get ranked. Bruce, by the way, ran a 27:47 10k on the track in Europe after the Olympics. In the process, he became the first man to beat Olympic 10k gold medalist Alberto Cova in two years.

15k - All-Time

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Men	1.	42:41	Paul Cummings	29	Provo	UT
	68.	44:30	Bruce Bickford	26	Wellesley	MA
	100.	44:46	Garry Bjorklund	32	Minneapolis	MN
Open Women	1.	49:34	Patricia Catalano	27	West Roxbury	MA
	7.	50:31	Joan Benoit	23	Freeport	ME
	50.	52:21	(run by 3 women)			

10 Miles - 1983

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Women 50-55	1.	1:03:46	Marion Irvine	53	San Rafael	CA
	3.	1:09:49	Natalie Buzzell	50	Cape Eliz.	ME
	50.	1:33:15	Irene Hurley	52	Southampton	NY
Open Men	1.	46:13	Greg Meyer	27	Wellesley	MA
	89.	49:52	Steve Podgajny	32	Saco	ME
	100.	49:58	(run by 2 men)			

Some other Age Groups and the time needed to make the 1983 Rankings were:
 Men: 14-15 = 59:24, 16-17 = 55:35, 18-19 = 53:47, 35-39 = 55:32, 40-44 = 56:48, 45-49 = 1:00:30, 50-54 = 1:04:22, 55-59 = 1:09:54, 60-64 = 1:17:06.
 Women: 14-15 = 1:15:48, 16-17 = 1:09:33, 18-19 = 1:05:23, 35-39 = 1:10:14, 40-44 = 1:13:44, and 45-49 = 1:20:24.

There were no Maine 10 Mile races which sent results to the NRDC in 1983. However, the Good Sports Race, which is certified, will be sending in their results for 1984. I believe that there were quite a few performances that probably will be good enough to make it, including 35 year old Gary Wallace's 52:29 which should make the All Time Rankings.

10 Miles - All Time

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Women	1.	53:18	Joan Benoit	25	Freeport	ME
	50.	56:47	Diane Bussa	22	East Lansing	MI
Women 50-55	1.	1:03:46	Marion Irvine	53	San Rafael	CA
	6.	1:09:49	Natalie Buzzell	50	Cape Eliz.	ME
	25.	1:13:02	Fran Adams	50	Virginia Bch.	VA

The All Time Rankings are again dominated by the very best runners. Joanie has 5 times in the top 50, Herb Lindsay 8 in the top 100, and Bill Rodgers has 7, plus the fastest time (47:40) for the 35-39 age group. Another remarkable performance is Norm Green's, age 50, 52:53, which is faster than anyone in the 45-49 age group.

Half Marathon 13.109 Miles - 1983

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Women	1.	1:09:14	Joan Benoit	26	Freeport	ME
	4.	1:13:19	Cathy Schiro	<u>16</u>	Dover	NH
	50.	1:19:11	Cyndie Brown	22	Kettering	OH

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Men	1.	1:01:32	Paul Cummings	30	Provo	UT
	21.	1:04:45	Sam Pelletier	25	Newburgh	NY
	100.	1:07:03	R Horta			

Sam Pelletier is originally from Ft. Kent and UMO. Some other Age Groups and the time needed to make the 1983 Rankings are: Men 16-17 = 1:14:41, 18-19 = 1:11:43, 35-39 = 1:14:09, 40-44 = 1:15:42, 45-49 = 1:21:20, 50-54 = 1:24:10, 55-59 = 1:33:05, 60-64 = 1:42:14; Women: 16-17 = 1:35:14, 18-19 = 1:31:02, 35-39 = 1:31:31, 40-44 = 1:35:11, 45-49 = 1:42:58, 50-54 = 1:52:36, and 55-59 = 2:35:25. The only Maine Half Marathon to submit results was our Veterans Day. However, nobody from that race made the rankings despite the nice flat course we run on.

Half Marathon All Time

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Women	1.	1:09:14	Joan Benoit	26	Freeport	ME
	9.	1:13:19	Cathy Schiro	16	Dover	NH
	50.	1:15:55	Laurie Binder	33	San Diego	CA
Open Men	1.	1:01:32	Paul Cummings	30	Provo	UT
	65.	1:04:31	Sam Pelletier	24	Newburgh	NY
	76.	1:04:38	Hank Pfeifle	31	Kennebunk	ME
	100.	1:04:57	(run by 2 men)			

Marathon - 1983

Open Men	1.	2:09:00	Greg Meyer	27	Wellesley	MA
	47.	2:15:26	Sam Pelletier	26	Newburg	NY
	64.	2:16:25	Andy Palmer	29	Needham	MA
	105.	2:17:46	Hank Pfeifle	32	Kennebunk	ME
	200.	2:20:17	Tom Cheese	24	Costa Mesa	CA
Men 40-44	1.	2:17:10	Mike Manley	40	Eugene	OR
	82.	2:37:14	Gary Cochrane	41	Brunswick	ME
	100.	2:38:44	Lawson Noyes	41	Kennebunk	ME
Men 60-64	1.	2:54:34	Steve Cohn	60+	Bellevue	WA
	16.	3:09:42	Carlton Mendell	62	Portland	ME
	87.	3:29:13	Bill Fox	61	Brunswick	ME
	100.	3:32:43	Ted Kolzak	61		CT
Open Women	1.	2:22:43	Joan Benoit	25	Freeport	ME
	100.	2:47:20	Sue Mundy	24	Los Gatos	CA
Women 35-39	1.	2:33:25	Gabriele Andersen	38	Sun Valley	ID
	42.	3:01:04	Diane Fournier	36	Topsham	ME
	100.	3:10:05	Mary Ellen Mencimer	36	Lakewood	CO
Women 45-49	1.	2:56:37	Sandra Kiddy	46	Palm Springs	CA
	88.	3:34:44	Francine Currier	46	Portland	ME

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Women 50-54	1.	2:51:01	Marion Irvine	54	San Rafael	CA
	41.	3:46:20	Joyce Goodie	50+	Portland	ME
	100.	4:11:33	Nelly Williams	52		CA

The only Maine Marathon to submit their results to the NRDC was the Maine Coast. However, since almost all Marathons are certified and more Marathons submit their results than any other distance, more Maine runners made the rankings. Some other Age Groups and the time needed to make the 1983 rankings include: Men: 18-19 = 2:33:20, 35-39 = 2:33:27, 45-49 = 2:48:25, 50-54 = 2:55:58, 55-59 = 3:14:21; Women: 18-19 = 3:11:53, 40-44 = 3:21:54.

Marathon All Time

<u>Age Group</u>	<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Home</u>	
Open Women	1.	2:22:43	Joan Benoit	25	Freeport	ME
	100.	2:39:21	Linda McLennan	24	Gainesville	FL
Open Men	1.	2:08:13	Alberto Salazar	25	Eugene	OR
	100.	2:12:50	Duncan Macdonald	34	Menlo Park	CA
Girls 14-15	1.	2:46:23	Diane Barrett	15	Phoenix	AZ
	12.	3:09:14	Robin Estey	15	Eustis	ME

Joan Benoit has 7 of the top 100 All Time times, not counting her Olympic time which will give her the three fastest. Alex Ratelle of Edina, Minnesota has 19 of the top 25 times for 55-59 plus 7 of the top 25 times for 50-54. Clive Davies has 9 of the top 10 times for 60-64 and 6 of the top 10 for 65-69.

Observations

Looking through these rankings gives you an appreciation for the great runners who consistently run times that year after year place them in the record book. Seeing the Age Group times together also gives you a perspective on how age, the lack of years as well as too many, affects performance.

Finally, I again strongly emphasize the point that since Maine has produced such runners as Joan Benoit, Bruce Bickford, and Carlton Mendell, it is a shame that more Maine races don't send in their results so that more Maine runners would have a chance at national recognition. I urge that Race Directors get their courses certified and then mail their results to the NRDC for national ranking. In addition, I urge those runners who would like to see themselves in these rankings ask the Race Directors to take those actions.



THE PACK

4TH ANNUAL WILD KATAHDIN TRUST SNOW RUN
Sherman Station 4.8 miles Feb 9th

1. Joe McGuire	41	23:49
2. John Condon	23	24:06
3. Rusty Taylor	33	24:15
4. Roly McSorley	34	24:23
5. Jon Williams	26	24:32
6. Phil Stuart	37	25:06
7. Steve Gross	21	25:10
8. Mike Mendonca	28	25:24
9. Mike Gaige	32	25:54
10. Pat Boss	16	26:03
11. Larry Tonzi	38	26:13
12. Greg Nelson	37	26:35
13. Dan Harrigan	30	26:40
14. Steve Emery	29	27:00
15. Doug Swallow	34	27:08
16. Charlie Nichols	35	27:15
17. Dan Doherty	22	27:21
18. Joel Hinshaw	23	27:26
19. Greg Hildreth	42	27:42
20. Tim Robinson	27	27:49
21. Vaughn Holyoke	50	28:00
22. Glen Holyoke	22	28:03
23. Bruce Theriault	30	28:12
24. Mickey Lackey	40	28:28
25. Steve Porter	32	28:41
26. Dave Rand	45	28:54
27. Mark Tuson	20	28:59
28. Terry Goodlad	58	29:02
29. Mike Doore	39	29:08
30. Peter Cuff	27	29:13
31. Larry Scofield	37	29:19
32. Erv MacDonald	42	29:24
33. Jon Ellis	14	29:24
34. Dick Lindsay	30	29:31
35. Perry Lilley	36	29:37
36. Dennis Gosselin	23	29:42
37. Paul Smith	36	29:44
38. Chris Hyde	15	29:48
39. Joe Washburn	40	29:53
40. Cliff Hatfield	51	30:01
41. Larry Rich	37	30:09
42. Sam Hamilton	50+	30:26
43. Carl Bowen	52	30:27
44. Jerry Michaud	43	30:28
45. Carol McElwee	39	30:29*
46. Tom McKinney	32	30:30
47. Garth Duff	34	30:35
48. Connie Mc-Cuff	34	30:47*
49. Robert Greenier	18	30:59
50. Arthur Fraser	47	31:02
51. Jason Rush	15	31:06
52. Matt Hall	14	31:09
53. Mike LaChance	32	31:21
54. Bob Gaboury	47	31:22
55. Dean Shea	44	31:40
56. Cole Sargent	35	31:48
57. Jim Wright	34	31:55
58. Jim Moorhead	15	31:57
59. Ted Allen	38	32:13
60. Nancy Jackson	38	32:23*
61. Jim Seitz	34	32:25
62. Dave Atwood	33	32:39
63. Janice Nicholson	24	32:47*
64. Harry Brooker	38	32:49
65. Tim Sheehan	18	32:59
66. Tom Tetu	36	33:16
67. Heather DeVeau	21	33:27*
68. Joe Beasley	45	33:28
69. Phil Healey	38	33:47
70. Preston Hood	41	33:48
71. Chip Wallingford	13	33:51

72. Benita Qualey	36	33:59*
73. Gary Fitts	33	34:04
74. Terr Sheehan	15	34:23
75. Jay Doucette	17	34:29
76. Craig Gordon	20	34:36
77. Bruce Twombly	32	34:40
78. Tim Robinson	13	34:41
79. Paul Guerin	45	34:50
80. Dan Delano	34	34:50
81. Bob Dyer	39?	34:50
82. Rene Collins	43	34:53*
83. Lee Rush	14	35:10
84. Chuck Sprague	43	35:21
85. Johnna Fleming	14	35:27*
86. John A. Doe	33	35:34
87. Wendy Hersey	13	35:38*
88. Tony Bowers	26	35:49
89. Nancy Price	31	36:00*
90. Tom Sheehan	16	36:00
91. Charlie Lane	37	36:00
92. Paul LaPointe	35	36:02
93. Kristi Richard	13	36:19*
94. Kari Richardson	23	36:20*
95. Peggy Hayes	30	36:23*
96. Mark Weatherbee	31	36:40
97. Tom Hallee	43	36:42
98. Jerry Casey	29	36:47
99. Cheryl Sprague	23	36:47*
100. Ike McCarthy	29	36:48

101. Mark Freeman	38	36:53
102. John Van Buren	41	36:56
103. Judy Doore	39	37:00*
104. Stacey Waterman	27	37:03*
105. Jim Strout	32	37:25
106. Barry Bartley	40	38:04
107. Greg Palmer	14	38:17
108. Dick Wallingfo	36	38:27
109. Lori Holyoke	17	38:32*
110. John McElwee	39	38:35
111. Vicki Richard	33	38:51*
112. Steve Richard	36	38:53
113. Eileen Hallee	40	39:29*
114. Rick McAvoy	36	39:42
115. John Van Buren	14	39:42
116. Milt Bailey	65	39:43
117. Mike Eash	13	39:57
118. Mo Sheehan	14	39:59
119. Jake Gilbert	46	40:49
120. Susan Brooker	37	40:51*
121. Angel Hersey	19	41:25*
122. Lou Ellis	43	41:30*
123. John Peavey	33	41:36
124. Justine Michaud	43	41:44*
125. John Doe	59	41:44
126. Lou-Ann Smith	27	41:51*
127. Jackie Hodgdon	35	41:56
128. Susan Wilson	35	42:08*
129. Carmen Doe	49	42:16*
130. Liz Clark	33	42:20*
131. Patsy Dyer	39	42:31*
132. Ann Morse	41	42:56*
133. Kim Kelley	12	43:02*
134. Jan Welch	26	43:40*
135. Leslie Gordon	16	45:29*
136. Sandy Toothaker	25	45:40*
137. Joan Gordon	44	46:22*
138. Debbie Rafford	27	46:30*
139. Kristy Mitchell	14	49:50*
140. Nancy Schneider	48	54:45*
141. Robt. Schneider	49	55:27
142. Jeremy Bout	13	56:59
143. O.D. McAvoy	11	57:12
144. Martena McAvoy	36	57:13*
145. Mike Kerrigan	43	60:10
146. Rhonda Murray	21	*
147. Jeanne McCarthy	23	*
148. Bonita Robinson	40	*

Results courtesy of Nurdlie and Duane - Race Directors Supreme

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NEW ENGLAND DIVISION III
TRACK & FIELD CHAMPIONSHIPS
@ M.I.T., CAMBRIDGE MA
FEB 16, 1985

LONG JUMP	1. Willie Perez	Colby	21'8"
	3. Reggie Floyd	Bates	21'3 1/4"
	4. Bill McGrillis	Colby	20'11"
TRIPLE JUMP	4. Bill McGrillis	Colby	44'6"
HIGH JUMP	5. Hank Moniz	Bowdoin	6'3"
POLE VAULT	2. Paul Slovenski	Bates	14'0"
	3. Pat Ronan	Bowdoin	14'0"
	5. Scott Pellerin	Bates	13'6"
SHOT PUT	4. Jim Pietro	Colby	46'2"
500 METER	4. Kurt Mack	Bowdoin	1:06.30
1000 METER	3. Mike Fanning	Bates	2:33.01
	4. Mark Desjardins	Bates	2:34.02
	7. Todd Dresser	Bowdoin	2:38.84
1500 METER	2. Jamie Goodberlet	Bates	3:50.61
	3. Tom Pickering	Colby	3:52.27
3000 METER	1. Art Feeley	Colby	8:29.95
	3. Jamie Goodberlet	Bates	8:32.93
	4. Kevin Farley	Colby	8:33.81
	5. John Fitzgerald	Bates	8:35.79
	6. Mark Hatch	Bates	8:36.97
	8. Bill Derry	Colby	8:45.88
1600 M RELAY	3. Bowdoin		3:27.97
	5. Colby		3:30.60
3200 M RELAY	3. Bates		7:58.63
	6. Colby		8:06.31
DISTANCE MEDLEY	2. Colby		10:21.45
	4. Bowdoin		10:38.90
	7. Bates		10:50.14
Teams:	1) M.I.T. 107	3) Colby 53	4) Bates 51
	9) Bowdoin 214		

NEW ENGLAND INTERCOLLEGIATE CHAMPIONSHIPS

MEN Feb 22-23, 1985
at Boston University

Scorers

Pole Vault	3. Paul Slovenski - Bates	14'6"
	tie 3. Patrick Ronan - Bowdoin	14'6"
Shot Put	3. Jeff Shain - Maine	53'9 3/4"
1000	3. Mark Desjardins - Bates	2:14.10
	6. Stan Bickford-Northeastern	2:14.40
Mile	4. Tom Pickering - Colby	4:06.52
5000	1. Greg Hale - Rhode Island	13:58.6 ** Meet record
Distance	5. Colby	10:08.21
Medley	7. Maine	10:09.2
4 X 800	6. Bates	7:45.0

WOMEN - February 23-24, 1985
at Boston College

Pentathlon	3. Beth Heslam - Maine	3460 points - school record
Long Jump	4. Allison Kent - B.U.	18'10" (Gorham, ME HS)
	5. Andrea Kincannon - Bates	18'7"
Triple Jump	4. Suzanne Wolf - Maine	37'2 3/4" - school record
55M hurdles	5. Terry Hanna - Colby	8.51
200 meter	2. Allison Kent - B.U.	25.60
400 meter	3. Andrea Kincannon - Bates	57.68
	4. Lisa Clemente - Maine	58.85 - school record
600 yard	4. Helen Dawe - Maine	1:26.55
800 meter	4. Sue Gosse - Bowdoin	2:15.76
1000 yard	1. Ann England - Maine	2:37.82 - track record
	5. Teresa Lewis - Maine	2:45.32
5000	3. Virginia Connors - B.C.	17:23.75
4 X 200	4. Colby	1:46.40
	6. Bates	1:48.54
4 X 400	3. Maine	3:59.33 - school record
	6. Bowdoin	4:04.02

Teams: 1) Connecticut, 98. 9) Maine, 36. 16) Bates, 9.
17) Colby, 6. 18) Bowdoin, 5.

The 3:59.33 4 x 400 relay run by Maine (Sarah O'Neil, Caskie Lewis, Lisa Clemente, Helen Dawe) broke the oldest women's indoor track record at UMO. The old record of 4:00.9 was set in 1977 when Maine placed third at the EAIAW meet at Dartmouth behind Maryland and Delaware State. Michelle Hallet has competed very little this winter due to tendonitis problems.

Results courtesy of Steve Vaitones - Ex-UMO walking great

DEMER'S TRACK GLASSIC

Lewiston

Feb 24th

Men's Team Scoring (10,8,6,4,2,1)		
Club Team		Points
Central Maine Striders		76
Scarborough Rec. Track Club		54
Coastal Track Club		34
Yankee Athletic Club		28
Brunswick Sprint Track Club		26
North Shore Striders Track Club		25
Providence Cobras Track Club		18
Northern Bay Athletic Club		10
Maine Track Club		5
Lakers Track Club		4
New Balance Track Club		2
55 METER (O'Brien 6.6 Yan)		
1. Crabtree Pro Cobra		6.6
2. Daley Coastal		6.7
3. Sandbank Un		6.7
4. Chapman Un		6.7
5. Keenie Un		6.9
6. Stillings Un		6.9
55 METER HH (Lori 8.0 Un)		
1. Church Un		8.0
2. Nerden SRTC		8.2
3. Neiden SRTC		8.4
4. Cron Un		8.4
5. Johnson CMS		8.4
6. Wright SRTC		8.4
400 Meter (Guintal 52.4 Yan)		
1. Norman Un		52.1
2. Wranosky CMS		53.8
3. Ruona Bruns Sprint		53.9
4. Bryant Wentworth		55.9
5. Snow Un		56.4
6. Drisko SRTC		57.7
NEW RECORD		
800 METER Guliani 2:00.1 Un)		
1. Mason NRT		2:00.3
2. Guiliani Un		2:00.3
3. Sheehan NSS		2:03.8
4. Caron Yan		2:04.5
5. Andy Palmer NBTC		2:04.7
6. Pottle Un		2:05.1
1500 METER (Wettlaufer 4:09.9 Un)		
1. Sheehan NSS		4:17.8
2. McDamott NSS		4:22.2
3. Lyons Un		4:23.1
4. Doane CTC		4:24.4
5. Smith SMS		4:26.4
6. Merrymant NSS		4:27.0
5000 METER (Flanders 15:12 YC)		
1. Zydlewski Bates		16:00.8
2. Hallee St. Joe's		16:13.5
3. Reed Un		16:27.7
4. Howard Un		16:38.1
5. Braggerman Wentworth		16:53.1
6. Aiken Un		17:02.7
1500 RACEWALK (Vaitones 7:01.6 GBTC)		
1. McPheters Un		7:54.7
2. Tuona Bruns Sprint		8:16
3. Campbell Un		
4x200 RELAY (Portsmouth H.S. 1:37.1)		
1. Brunswick		1:39.0
2. Coastal		1:39.1
3. Central Maine Striders		1:39.4
4. Maine Track Club		1:40.7
5. Scarboro Track Club		1:41.2
6. Yankee		1:42.7
4x400 RELAY (Yankee 3:43.2)		
1. Central Maine Striders		3:46.9
2. Coastal		3:50.7
3. Scarborough (A)		3:58.0
4. Scarborough (B)		4:00.1
200 METERS (Roberts 24.1 Portsmouth)		
1. Norman Un		23.2
2. Crabtree Pro Cobra		23.2
3. Daley CTC		23.8
4. Berube Yankee		24.3
5. Ruona Bruns Sprint		24.4
6. Kennie Un		24.8
NEW RECORD		

HIGH JUMP (Leonard 6'4½" Un)

1. Crehore Un	6'2"
2. Johnson CMS	6'
3. Prescott Un	5'10"
4. Pierce Lakers	5'10"
5. Murray Un	5'8"
6. Albert Yankee	5'8"

Long Jump (Veilleux 21'2½" Un)

1. Johnson CMS	21'9"
2. Church Un	20'10½"
3. Stallings Un	20'4"
4. Nerden SRTC	19'3"
5. Guite CMS	18'8½"
6. Kachmen SRTC	18'3½"

Triple Jump (Crocker 44'4½" NR)

1. Johnson CMS	44'½"
2. Chapman Un	42'10½"
3. Stallings Un	41'10½"
4. Church Un	41'10"
5. Wright SRTC	41'10"
6. Sandbank UN	40'10"

Pole Vault (Kimball 13'2" SCRC)

1. Slovenski Yankee	14'3"
2. Johnson CMS	13'
3. Ochoa Un	11'

NEW RECORD

35 LB WEIGHT (Beaulieu Un 47'4 3/4")

1. Lowell Un	51'5 3/4"
2. Beaulieu Yankee	44'10 3/4"
3. Daniels Un	39'6"
4. Neiden SRTC	32'1½"
5. Ackley CMS	31'10"
6. Bolko Un	25'11½"

NEW RECORD

Shot Put (Nielson 52'2 3/4" Un)

1. Ackley CMS	39'½"
2. Neiden SRTC	38'4½"
3. Bolko Un	36'5"
4. Daniels Un	35'4½"
5. Allen Un	32'10"
6. Parr Un	32'6"

INVITATIONAL 5000 METER

1. Paul Hammond Un	14:19.6
2. Doug Sweazey AA	14:19.9
3. Gerry Clapper CMS	14:21.0
4. Misa Fossas NBTC	14:51.1
5. Myron Whipkey Un	15:01.6
6. Andy Kimball St. Joe's	15:01.9

DEMERS'S MEMORIAL 1500 METER (Guiliani Un 4:12.6)

1. Andy Palmer NBTC	4:21.2
2. Lance Guiliani Un	4:22.1
3. Desjardin Bates	4:28.4
4. Cordon CMS	4:30.6
5. Kevin Rolfe CMS	4:30.6

#

WOMEN'S TEAM SCORING (10,8,6,4,2,1)

CLUB TEAM	POINTS
Ararat Super Striders	118
Portland Track Club	54
Coastal Track Club	48
Scarborough Rec. Track Club	41
Yankee Athletic Club	10
Liberty Athletic Club	1

55 LH (Grenier 8.2 Ararat)

1. Gori Un	8.7
2. Sek Portland	9.2
3. Myers Portland	9.2
4. Wilson Hyde	10
5. Billings CTC	10.3
6. Hope Un	10.6

55 METER (Vogt 7.6 Un)

1. Knyn CTC	7.1
2. Ross Un	7.5
3. Gori Un	7.7
4. Sicina Ararat	7.8
5. Killion SRTC	7.9
6. Garvin SRTC	8.1

200 METER (Breton 27.5 Ararat)

1. Ross Un	28.1
2. Sicina Ararat	28.3
3. Tripp Ararat	28.8
4. Snyder SRTC	29.3
5. Trahan Ararat	29.5
6. Droney Ararat	30.1

400 METER (McHatton A.S.S. 63.3)

1. Tripp Ararat	63.
2. Haney Un	63.5
3. Ruminski Portland	67.3
4. Eastler Un	71.0
5. Sproul Un	73.4

NEW RECORD

800 METER (Tracey Un 2:24.4)

1. Giordani Un	2:22.7
2. Tracey Ararat	2:25.8
3. Tripp Ararat	2:32.1
4. Bascomb Un	2:35.3
5. Buffington SRTC	2:38.8
6. Fallon Ararat	2:39.1

NEW RECORD

1500 METER (Podgajny 4Corners 4:55.8)

1. Tracey Ararat	4:57.0
2. Haney Un	4:59.0
3. Greene Ararat	5:01
4. Bascomb Un	5:02.9
5. Harlow Un	5:17.4
6. Boyle Un	5:26.2

3000 METER (Butcher 10:55.2 A.S.S.)

1. Green (Ararat)	10:22.0
2. Duffy CTC	10:23.8
3. Haney Un	10:49.0
4. Harlow Un	10:53.7
5. Hubert Portland	11:00.7
6. Reed Liberty	11:33.0

1500 RACEWALK (Petkus 9:51.8 A.S.S.)

1. Malcolm Oromocto	7:44.4
2. Ahlblad Un	8:14
3. Hope Un	10:44
4. Caron Ararat	
5. Weymouth Ararat	

NEW RECORD

4 x 200 RELAY (A.S.S. 4:50.6)

1. Ararat Super Striders (A)	1:55.3
2. Portland	1:56
3. Scarboro	2:00.9
4. A.S.S. (B)	2:01.4

4 x 400 RELAY (A.S.S. 4:31.8)

1. Ararat Super Striders	4:35.5
2. Scarborough	4:55

High Jump (Walker Un 5'2")

1. Knyn CTC	5'6"
2. Crehore Ararat	5'4"
3. Carr SRTC	5'0"
4. Porter Portland	4'8"
5. Lessard Ararat	4'8"

NEW RECORD

LONG JUMP (Williamson 16'3 3/4" Un)

1. Knyn CTC	17'3"
2. Gori Un	16'2"
3. Killion SRTC	15'5"
4. Seck Portland	15'3"
5. Carr SRTC	14'7"
6. Crehore Ararat	14'6"

NEW RECORD

TRIPLE JUMP (Williamson 34'1" Un)

1. Ross Un	34'3"
2. Snow CTC	32'7"
3. Sek Portland	30'7"
4. Foshay Ararat	29'8"
5. Buffington SRTC	29'7½"
6. Lessard Ararat	28'9½"

NEW RECORD

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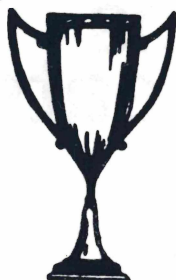
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TEL. 772-7508

MON, TUE, WD 9-5

THUR, FRI 9-6 SAT 9-2

WE MANUFACTURE OUR OWN AWARDS

SHOT PUT (Ross 42'7" Un)

1. Woodhead Yankee	37'8 1/4"
2. Jackson Un	30'10"
3. Myers Portland	30'8 1/4"
4. Iaconata Portland	30'8 1/4"
5. Drisko SRTC	29'
6. Berube Un	22'6"

YOUTH'S TEAM SCORING (10,8,6,4,2,1)

<u>CLUB TEAM</u>	<u>POINTS</u>
Baldwin Track Club	299
Providence Cobras Track Club	134
CITC	103
LRAC	59
Merrimack Valley Track Club	51
Scarborough Rec Track Club	28
Arundel Track Club	26
Lisbon Rec Track Club	23
Portland Rec Track Club	19
Lakers Track Club	7
Brunswick Track Club	5
Northern Bay Athletic Club	4
Central Maine Striders TC	1

10 and under

Boys 1500 Meter (Manthorne 5:27.7)

1. Trottier Lisbon Rec	6:50.1
2. Rau Un	7:07.8

Girls 1500 Meter (Towle 6.29.0 Scar)

1. Reali CITC	6 58.7
2. Maloney CITC	7:15.0

High Jump for Boys (Erickson 3'10" CITC)

1. Murch BB	3'6"
2. Morrell BB	3'6"
3. Shea BB	3'4"
4. Trafford BB	3'4"
5. Whittier CITC	3'4"
6. Austin Portland	3'2"

Girl's High Jump (Spear 3'7" FRRR)

1. Murphy Pro Cobra	3'2"
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LONG JUMP BOYS (Rau 12'2" Lakers)

1. Cameron MVTC	12'5"
2. Dolce Pro Cobra	12'1"
3. Shea BB	10'4"
4. Murch BB	9'9"
5. Morrell BB	9'1"
6. Trafford BB	7'11"
Jordan BB	7'11"

NEW RECORD

LONG JUMP GIRLS (Towle 10'3" Scar)

1. Erikson CITC	9'4"
2. Walker Arundel	8'11"
3. Reali CITC	8'8"
4. Johnson Lewiston Track	8'8"
5. Huber Un	8'4"
6. Vincent CITC	8'3"

4x200 RELAY BOYS (CITC A 2:56.8)

1. Baldwin	2:32.0
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NEW RECORD

4x200 RELAY (CITC A 2:59.4) GIRLS

1. CITC	2:36.6
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NEW RECORD

55 METER BOYS (Rau 8.5 Lakers)

1. Cameron MVTC	8.3
2. Hodgdon Un	9.0
3. Garmash BB	9.3
4. Whittier CITC	9.7
5. Joly Lew Track	11.0
6. Jordan BB	11.0

NEW RECORD

55 METER GIRLS (Whittier 9.1 CITC)

1. Walker Arundel	9.3
2. Murphy Pro Cobra	9.4
3. Tighe Auburn	9.5
4. Erikson CITC	9.5
5. Vincent CITC	9.6
6. Stires CMS	9.9

200 METER BOYS (Dolce 33.5 Pro Cobras)

1. Dolce Pro Cobras	33.5
2. Shea Bald	36.6
3. Murch Bald	36.8
4. Whittier CITC	38.4
5. Park Un	38.5
6. Morrell. Bald	39.5

200 METER GIRLS (Tighe 36.1 Aub)

1. Tighe Auburn	36.1
2. Murphy Pro Cobra	37.3
3. Dube Un	37.6
4. Gilinas Un	37.7
5. Vincent CITC	38.3
6. Johnson Lew Track	38.6

400 METER BOYS (Manthorne 76.5 MTC)

1. Cameron MVTC	1:13.1
2. Dolce Pro Cobras	1:20.0
3. Gamarsh Bald	1:33.2
4. Trottier LRTC	1:33.4
5. Park Un	1:46.2

NEW RECORD

400 METER GIRLS (Whittier CITC 83.1)

1. Dube Un	1:27.0
2. Walker Arundel	1:28.9
3. Gelinas Un	1:29.1
4. Maloney CITC	1:39.6

11 and 12 YEAR OLDS

1500 METER BOYS (Gagnon 5:09.3 Hamers)

1. Knott Pro Cobra	5:09.1
2. Miller Un	5:35.0
3. Curran MVTC	5:47.9
4. Gondek Lewiston Track	5:57
5. Worcester Un	5:58
6. Nims Un	6:15

1500 METER GIRLS (Ricker 5:32 CITC)

None

High Jump Boys (LaRose 4'6" MTC)

1. Erickson CITC	4'3"
2. Reynolds BB	4'0"
3. Sanborn BB	3'10"
4. Campbell Bruns	3'8"
5. Worcester Un	3'8"
6. Harris MVTC	3'2"
King MVTC	3'2"

HIGH JUMP GIRLS (Murphy 4'4" MTC)

1. Packard Pro Cobra	4'0"
2. Killion Scar	4'0"
3. LaFlamme MVTC	3'11"

LONG JUMP BOYS (Reynolds 11'6½" BB)

1. Brown Pro Cobra	13'7½"
2. Rau Un	13'3½"
3. Nason BB	13'3½"
4. Erickson CITC	13'3½"
5. Deschain Auburn	12'5"
6. Knott Pro Cobra	12'1"

NEW RECORD

LONG JUMP GIRLS (Murphy 12'2½" BB)

1. Sanborn Pro Cobra	12'2"
2. LaFlamme MVTC	11'6"
3. McNeil Pro Cobra	11'4½"
4. Peters Pro Cobra	9'8"

4x200 RELAY (Baldwin 2:23.8)

1. Pro Cobras	2:07.1
2. Baldwin	2:14.7

NEW RECORD

4x200 RELAY GIRLS (CITC 2:21)

1. Baldwin	2:21.2
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55 METER BOYS (Karcsh - Scar 8.6) (D'Alfonso - Scar) (Reynolds - BB)

1. Brown Pro Cobra	8.3
2. Rau Un	8.4
3. Deshaine Auburn	8.5
4. Reynolds BB	8.7
5. Erickson CITC	8.7
6. Denning Pro Cobra	8.8

NEW RECORD

55 METER GIRLS (Robinson Bald)

1. Packard Pro Cobra	8.4
2. Killion SRTC	8.8
3. Sanborn Pro Cobra	8.9
4. Haggerty SRTC	8.9
5. Thomas Pro Cobra	9.0
6. Peters Pro Cobra	9.8

200 METER BOYS (Brown 30.1 Pro Cobra)

1. Brown Pro Cobra	30.1
2. Reynolds Bald	32.2
3. Pennington Bald	33.9
4. Campbell Bruns	34.0
5. McNeil Bald	35.0
6. Sanborn Bald	36.5

200 METER GIRLS (Thomas 34.4 Pro Cobra)

1. Thomas Pro Cobra	34.4
2. McNeil Pro Cobra	34.8
3. Sanborn Pro Cobra	37.0
4. Peters Pro Cobra	38.1

400 METER BOYS (Pierce 75.6 Ham)

1. Knott Pro Cobra	1:09.1
2. Rau Un	1:10.5
3. Deschaine Auburn	1:12.4
4. Nason Bald	1:12.7
5. Denning Pro Cobra	1:15.0
6. Campbell Bald	1:17.1

NEW RECORD

400 METER GIRLS (Weirich 72.8 GRCC)

1. Packard Pro Cobra	1:16.1
2. McNeil Pro Cobra	1:21.4
3. Lyons Me	1:22.7

13 and 14 YEAR OLDS

1500 METER BOYS (Lyons 4:46.8 Scar)

1. Basha Un	4:46.1
2. Newson Pro Cobra	4:49.1
3. Merrick Pro Cobra	4:56.0
4. Gray NBAC	5:10.0
5. Carver Un	5:14.7
6. Janis Un	5:18

NEW RECORD

1500 METER GIRLS (Jones 5:27.3 CITC)

1. Brown Pro Cobra	5:38.0
2. Buffington Scar	5:38.9
3. Quinn Un	6:24.4
4. Haynes CITC	6:53.7

HIGH JUMP BOYS (Stovall SRTC 6'2")

1. Hurley Un	5'2"
2. Myatt Portland	5'0"
3. LaRose Un	4'8"
4. Joly LRAC	4'2"
5. Ricker BB	4'0"
6. Moring Un	4'0"

HIGH JUMP GIRLS (Murphy 4'6" BB)

1. Murphy Pro Cobra	4'8"
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NEW RECORD

LONG JUMP BOYS (Stoval 18'1½" SRTC)

1. Hurley Un	17'8"
2. Joly LRAC	14'6"
3. Larue Un	14'5"
4. Morin Un	13'4"
5. Basha Un	13'4"
6. Deschaine LRS	12'9"

55 METERS BOYS (Richards Un 6.9)

1. Morin Un	8.2
2. Pierre Lakers	9.0
3. Ricker BB	9.4

200 METER BOYS (Spencer 32.1 Oromocto)

1. Spencer Oromocto	32.1
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200 METER GIRLS (Brown 31.3 Pro Cobra)

1. Brown Pro Cobra	31.3
2. Murphy Pro Cobra	34.5
3. Haynes CITC	38.6

400 METER BOYS (D'Alfonso 57.5 Scar)

1. Myatt Portland	59.5
2. Hurley Un	60.7
3. Newson Pro Cobra	62.5
4. Merrick Pro Cobra	64.2
5. LaRue Un	69.2
6. Buchanan Oromocto	72.1

JUNIOR MASTERS 30-39

1500 METER (Shea 4:34.7 Un)

1. Campbell ARC	4:34.2
2. Jackson GBTC	4:37.4
3. Cameron MRR	4:52.7
4. Webber Un	5:03
5. McLellan Un	5:52.3

NEW RECORD

55 METER (Elliot NBAC 7.2)

1. Elliot NBAC	7.2
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400 METER (Liming 60.5 Yankee)

1. Elliot NBAC	60.0
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MASTERS 40+

1500 METER (Crommett 4:20.5 Un)

1. Dan Cake Un	4:39.2
2. Trembly Un	4:58.7
3. Guenda Kingston	5:15.6
4. Gendron Un	6:32.8
5. Giasson ARC	7:22.5

55 METER (Talarico 7.8 Un)

1. Watson Nashaboa S	7.6
2. Talirico Un	7.8
3. Gendron Un	8.8

NEW RECORD

400 METER (Talarico 63.8 Un)

1. Trembley Un	62.4
2. Watson Nashaboas	63.2
3. Giasson ARC	90.8

NEW RECORD

Results courtesy of John Lafreniere

Meet Director



THE SKI PACK

WILD MOOSE RUN - CARRABASSETT VALLEY
TOURING CENTER 15K Jan 20th

1. Eric McNett	42:35
2. Gordon Scannell	43:55
3. Ron Newbury	43:56
4. John David Mathieu	45:56

5. Donn Harriman	48:04
6. Dick Brink	48:39
7. John Leckey	48:41
8. John Tarling	48:52
9. Ben Lounsbury	50:10
10. Andrew McKendry	50:58
11. Jon Hansen	51:08
12. Leland Martin	51:14
13. Mike Marino (M)	51:33
14. Dick Marino	53:42
15. Alice Goodwin	54:20*
16. Chase Pray (M)	54:47
17. Dawn Pelletier	54:58*
18. Daniel Works	56:09
19. Gil Roderick (M)	56:16
20. Roger Wing (M)	56:17
21. John Morris	57:15
22. Darryl Brown	59:42
23. Owen Haskell (M)	62:08
24. Deb Hewson	62:15*
25. Steve DeAngelis	62:45
26. John Alsop	63:22
27. John Witherspoon	64:28
28. Judi Hansen	64:32*
29. Jane Waddle	66:18*
30. John Roderick (V)	68:02
31. Phil Erard (M)	70:35
32. Philip Jurgeleit	76:22
33. Frank Ridley (M)	78:25
34. Bruce Munger, Jr.	80:29
35. Barbara Sullivan	84:21*
36. Clem Jurgeleit (M)	88:14
37. Sandie Meil (M)	DNF*

Results courtesy of Carrabasset
Touring Center

1985 PRESIDENTIAL SKI CHASE
BRETTON WOODS, N.H. Jan 29th

25K

1. Todd Willmert	1:35:03.7
3. Alan Swan Paris	1:41:40.7
13. John Frachella Hudson	1:57:43.5
19. Warren Cochrane Greenv	2:03:55.3
41. Larry Barron Lisbon F	2:41:38.2

50K

1. Pol Sjulstad Svarstad, Norway	2:45:57.6
13. Eric McNett Bruns	3:08:50.3
22. Gordon Scannell Port	3:20:39.7
26. John Eldredge Port	3:25:06.5
27. John Tarling Port	3:27:06.3
32. John Leckey West Peru	3:36:03.7
33. Dick Brink Port	3:36:28.2
48. Ben Lounsbury Auburn	3:43:55.8
53. Richard Marino Port	3:51:22.9
54. Mike Marino Portland	3:51:28.8
59. Tom Taylor Gorham	3:56:54.5
60. David Roberts Kenne	3:58:53.8
83. Everett Ingalls Port	4:11:48.8
89. Gil Roderick Bangor	4:17:59.1
99. Mark Danyla Turner	4:22:20.9
111. Bill LoPetro Winterp	4:34:47.6
137. Sam Humpert Waterville	4:57:33.8
148. John Roderick Rufford	5:13:15.2
Robert Waddle Bruns	DNF

Slowing & Slow. Only rest was
coming down Coronary Hill, but fast
& so cold hands and face froze.

Gil Roderick

THE GREAT CARIBOU BOG WICKED WINTER
SKI TOUR & RACE - BANGOR TO OLD TOWN
Feb 2nd

WOMEN 13-15

191. Leigh Barclay	2:11:41.7
277. Alisa Harris	2:32:20.8
280. Heather Lumppio	2:32:53.3
320. Misty Cole	2:41:42.1
333. Bethany Wiggin	2:44:14.3
351. Denise Woodhead	2:51:37.3
355. Mandy Johnson	2:53:33.4
386. Cynthia Largay	3:03:50.2

WOMEN 16-17

101. Beth Casarjian	1:53:20.1
107. Kirsten Goth	1:54:28.9
114. Elke Brutsaert	1:55:55.0
239. Heidi Ludwig	2:23:31.9
329. Len Moody	2:43:57.4

WOMEN 18-29

21. Alice Goodwin	1:32:05.4
23. Dawn Pelletier	1:32:34.3
24. Susan Elias	1:32:59.1
51. Sonja Norton	1:41:25.0
61. Jane Waddle	1:44:27.5
77. Cynthia Lynch	1:47:22.1
99. Connie Dunlap	1:52:51.8
119. Rae Wren-Fournier	1:56:53.4
134. Lorian Later	2:01:22.0
142. Barbara Bieniasz	2:02:43.7
144. Holly Lehnhard	2:02:50.3
217. Barbara Smith	2:19:28.8
218. Joanna Fernald	2:19:30.7
265. Diane Martin	2:29:33.1
267. Cathy Kessenich	2:30:29.8
270. Susan Vincent	2:30:36.9
290. Ellen Woodrow	2:35:21.7
295. Cathy Jessup	2:36:53.0
298. Kathy Hodgkins	2:37:18.5
301. Julie Brownlee	2:37:30.1
307. Nancy Clift	2:38:51.1
310. Tina Rising	2:39:59.9
326. Denise Langdon	2:43:30.9
327. Pam Tremblay	2:43:34.6
346. Brenda Bernard	2:48:04.1
348. Meg Shouse	2:49:53.2
356. Julie Smith	2:53:35.2
360. Susan Masse	2:55:16.3
361. Pat Hamilton	2:55:25.6
362. Peggy Thomas	2:55:35.0
368. Karen Bowler	2:56:38.8
369. Martha Hunkins	2:57:03.2
396. Sonja Runar	3:06:46.4
399. Ann Marie Zayez	3:07:30.4
400. H. Getchell	3:08:48.1
401. Patty Treworgy	3:10:44.4
402. Pegeen McConnell	3:13:01.5
423. Gerryann Bernard	3:33:47.1

WOMEN 30-39

39. M. Elizabeth Piene	1:37:02.2
96. Brenda LoPetro	1:51:33.1
105. Anne Hanson	1:54:21.8
161. Ellen McLaughlin	2:06:46.9
190. Carol Bryan	2:11:24.9
195. Diane Veros	2:12:12.5
205. Patricia Daigle	2:16:02.2
213. Susan Brooker	2:18:47.9
222. Sharon Renk	2:19:46.1
238. Susan Edwon	2:23:11.8
244. Darrah Kimball	2:24:51.3
247. Brenda Jordan	2:25:12.7
250. Deboreh Krichels	2:25:50.6
254. Joanne Bradt	2:27:09.9
257. Karen Boucias	2:28:38.0
258. Nancy Price	2:28:52.8
263. Pat Kennedy	2:29:30.8
268. Gail Wippelhauser	2:30:31.9
269. Eddie Meisner	2:30:34.8
274. Cathy Anderson	2:30:45.6
279. Digna Brewer	2:32:42.7
284. Diane Zaring	2:33:42.7
285. Johnna Brazier	2:33:47.0
287. Marguerite Coutu	2:35:04.7
288. Iva Sussman	2:35:05.3
300. Vicki Conover	2:37:27.6
303. Phyllis Adams	2:38:00.1
306. Judy Finchum	2:38:50.3
309. Joann Hepburn	2:39:50.1
315. Becky Anderson	2:40:34.7
330. Kathy Dishner	2:44:05.8
335. Anne Weston	2:44:44.5
337. Pam Johnson	2:45:18.2
342. Amy Kimball	2:46:53.0
349. Margaret Horton	2:50:10.1
358. Ginger Hwalek	2:54:24.5
365. Louisa Barnhart	2:56:19.0
376. Patricia Kendall	2:58:51.1
377. Sheila Whitney	2:58:51.8
382. Mrs. Meadows	3:02:36.6
393. Debbie Spencer	3:06:22.1
394. Alice Eyles	3:06:25.4
403. Kathy Lamb	3:14:22.0
404. Margaret Johnson	3:14:37.3
411. Peggy Larrabee	3:20:53.6

412. Carolyn Jordan	3:21:03.7
413. Christine Beswick	3:22:02.1
419. Barbara Bristow	3:32:13.6
421. Linda Dalessio	3:32:46.8

WOMEN 40-49

73. Marsha Giglio	1:46:40.9
252. Marie B-nar	2:26:51.6
259. Marlene May	2:29:01.9
286. Lieve Brutsaert	2:34:26.1
305. Eliz Haggerty	2:38:36.3
323. Sarah Clark	2:43:12.6
324. Anne Norton	2:43:14.0
325. Sue Owen	2:43:30.3
336. Mary Phillips	2:44:51.0
339. Linda Olday	2:46:20.5
341. Chris McHenry	2:46:51.3
371. Ginny Blanchard	2:57:12.7
372. Carol Kelly	2:57:18.6
384. Francis Swallow	3:03:17.0
385. Sally Jacobs	3:03:23.1
388. Judy Kaiser	3:04:59.4
391. Nancy Drew	3:05:40.9
422. Sue Sullivan	3:33:16.0

WOMEN 50-59

196. Fern Stearns	2:12:52.8
249. Alma McMahon	2:25:24.3
319. Ellen Huff	2:41:39.6
322. Morna Rawcliffe	2:42:29.8
340. Ellen Cates	2:46:45.4
373. Sandra Johnson	2:57:25.8
414. Maryann Stanley	3:22:13.1
416. Jan Klitch	3:22:35.1

MEN 13-15

89. Rob Stenger	1:50:09.2
100. Matt Cohen	1:53:06.4
129. Philip Jurgeleit	2:00:17.9
138. Greg Birgfeld	2:02:04.8
139. Alan Macaulay	2:02:26.1
184. Park Oldenberg	2:10:48.8
186. Robert Tomlinson	2:11:11.9
206. Greg Daigle	2:16:04.0
223. Eric Svendsen	2:19:48.6
233. Jefferson Jacobs	2:22:31.9
234. Sean Dougherty	2:22:34.0
241. Peter Adams	2:24:23.6
260. Gregory Beswick	2:29:12.6
271. Chris Halsted	2:30:40.8
276. Jeff King	2:31:47.6
281. Zach Littlepage	2:32:58.9
292. Sean Leathem	2:35:39.5
294. Sean Brown	2:36:23.3
302. Josh Reynolds	2:37:30.8
308. John Krause	2:39:40.8
317. Troy Dupuis	2:41:26.1
321. Eric Keppel	2:42:28.9
352. Tom Weber	2:51:43.3
353. Ethan Beard	2:52:30.2
354. Josh Platt	2:53:24.5
357. Scott Cuddy	2:53:37.3
370. Tom Myers	2:57:08.0
375. Scott Duplessis	2:58:30.3
410. Shanon MacDonald	3:20:29.9
418. Daniel Silierath	3:30:48.4

MEN 16-17

10. Mark Pelletier	1:23:33.5
13. Scott Dolan	1:29:01.2
16. Peder Olsen	1:29:57.4
30. Brad Ludwig	1:34:28.3
55. John Kared	1:42:26.8
84. Scott Hogan	1:48:54.4
91. Tom Page	1:50:27.2
93. Hein Brutsaert	1:51:02.4
149. Stephen Hand	2:03:59.6
173. Chuck Qualey	2:08:49.0
278. Peter Jurgeleit	2:32:29.7
296. Matt Barclay	2:36:55.0
313. Greg Commeau	2:40:32.8
314. Kevin Brown	2:40:33.9
316. Richard Deshane	2:40:36.7

MEN 18-29

1. John Leckey Orono	1:20:31.9
2. Tom Towle	1:20:34.7
3. Mauri Pelto	1:21:12.8
5. Larry Poulin	1:21:38.9
7. David Mathieu	1:22:34.4
8. Steve Dunlap	1:23:13.6

11. Tim Parent	1:25:01.9
12. David Brouwer	1:25:43.1
15. Andrew McKendry	1:29:29.9
17. Joel Hinshaw	1:31:09.2
18. Herman Cappelen	1:31:26.4
19. Barry Fifield	1:31:29.5
22. Ed Lasselle	1:32:27.9
31. Steve McConnel	1:34:29.2
34. Tom Rolfe	1:35:26.3
37. Scott Dunning	1:36:05.8
40. Steve LaGasse	1:37:14.0
41. James Cotton	1:37:38.4
46. Steve Ridley	1:38:48.8
50. Glendon Rand	1:40:28.4
52. Barry Dana	1:41:42.5
54. Len Price	1:42:23.1
57. Jerry Rawcliffe	1:43:33.7
67. Grant Sorterupt	1:46:14.6
75. Doug Dolan	1:46:56.1
76. Mike Avery	1:47:05.2
78. Mark King	1:47:23.4
83. Per Fodnaess	1:48:45.3
85. Brian McCrea	1:49:00.5
92. Jonathan Sands	1:50:59.6
95. James Gramlich	1:51:21.2
97. Jim Gildart	1:51:51.0
104. Lee Foster	1:53:41.2
106. Steven Morse	1:54:27.0
108. Andrew Hamilton	1:55:19.0
121. David Driscoll	1:57:24.1
122. Robert Lehnhard	1:58:17.1
123. Jack Rawcliffe	1:58:29.1
124. Paul Bougert	1:58:51.8
127. Peter Wagner	1:59:12.1
131. Mike McMahon	2:00:54.0
133. Joel Hawes	2:01:06.2
140. John Hwalek	2:02:28.9
141. Robert Gitman	2:02:36.9
143. Robert Jackson	2:02:49.6
157. Paul Van Steenberghe	2:06:01.0
159. Garrett McGowan	2:06:23.2
165. Gregory Veilleux	2:07:09.5
166. Michael Masse	2:07:55.8
169. Doug Crosby	2:08:17.0
170. Larry Berthiaume	2:08:22.0
171. Weston Brownlow	2:08:37.8
177. Scott Denning	2:09:19.8
179. Bob Franzosa	2:09:22.6
188. Doug Birgfeld	2:11:19.1
197. Jim Lisi	2:13:39.0
201. Jon Eames	2:14:08.7
207. James Hamilton	2:16:05.6
221. Joseph Lloyd	2:19:44.0
224. Victor Nolet	2:19:50.5
225. Gary Poisson	2:20:02.9
226. Michelle Michaud	2:20:18.6
227. Stevphen Hardy	2:21:00.5
229. David Fernley	2:21:40.6
230. Paul Chamberlain	2:21:47.7
231. Tim Winters	2:21:53.9
235. Roger Buck	2:22:36.8
237. Myron Buck	2:23:05.4
243. Duncan Foster	2:24:50.0
251. David Dodd	2:26:19.8
255. Robert Boothby	2:27:11.5
262. Brian Gallant	2:29:21.0
273. Jeff Dalrymple	2:30:43.5
275. Edwin Davis	2:30:47.0
293. Scott Cook	2:35:40.2
312. Robert Seder	2:40:29.6
318. John Orestis	2:41:37.8
359. Greg Winston	2:54:58.5
395. Rey Dubois	3:06:43.2

MEN 30-39

6. Leland Marten	1:22:08.7
20. Don Reimer	1:31:48.8
26. Gene Roy	1:33:21.5
29. Martin McAleer	1:34:14.7
35. Doug Malloy	1:35:34.7
36. Dean Crocker	1:35:39.1
42. Jeffrey Wren	1:37:42.3
43. John Alsop	1:38:16.1
47. Michael Gaige	1:38:50.3
48. Steve Deanglis	1:39:22.3
49. Pete McAllister	1:39:50.3
58. Ray Giglio	1:43:40.2
59. John Wiebe	1:44:00.4
60. David Skinas	1:44:01.0
63. Ron Logan	1:45:24.5
66. Steve Kahl	1:45:57.1
69. Flint Reid	1:46:23.0
71. Zip Kellogg	1:46:39.0

79. William Hepburn	1:47:42.8
80. Dirck Bradt	1:48:13.2
81. Darrell Tracy	1:48:26.4
87. Neil Postlewaite	1:49:27.1
94. Bentley Howard	1:51:15.8
98. Philip Garwood	1:52:25.4
103. Andy Nichols	1:53:38.7
109. Ted Dishner	1:55:21.1
110. Erich Reitenbach	1:55:28.5
111. David Miller	1:55:45.9
113. Justin Poland	1:55:53.3
115. Kerry Reynolds	1:56:10.7
116. Peter Millard	1:56:21.2
117. Gary Capehart	1:56:32.0
120. Douglas Woerner	1:57:03.2
125. Bob Holmberg	1:58:54.1
126. Kim Shepard	1:59:02.4
130. Phil Kaelin	2:00:40.0
135. Bryan Pearce	2:01:50.6
136. Brian Plankey	2:01:59.4
146. Bruce Thulin	2:03:08.4
148. Harry Brooker	2:03:36.8
150. Michael Profita	2:04:01.1
151. J. Noland	2:04:22.1
152. Naronchai Busayasakul	2:04:50.9
155. Ted Duffy	2:05:00.1
156. David Edson	2:05:06.9
158. John Henderson	2:06:04.9
160. Gregory Biss	2:06:31.1
163. Paul MacDonnell	2:07:02.8
164. Thomas Feeney	2:07:05.9
167. Dana Hunter	2:08:25.6
168. Hal Nelson	2:08:08.1
172. Michael Dimonio	2:08:43.5
174. Bob May	2:08:54.5
175. Rudy Rawcliffe	2:08:58.0
176. Gerard Locke	2:09:04.1
180. Russell Whitney	2:09:44.0
182. Cris Campbell	2:10:14.0
183. Rodney Hanscom	2:10:26.1
185. Fritz Oldenberg	2:11:05.8
187. William Hanson	2:11:18.0
189. Elliot Fishbein	2:11:20.8
192. Steve Oleksyk	2:11:52.9
193. Fred Hathaway	2:12:11.4
198. Peter Laing	2:13:51.0
200. Walter Goodrich	2:14:08.0
204. Mark Berlinger	2:15:50.1
208. Ira Weissman	2:16:59.7
209. Schuyler Morrison	2:17:56.8
210. John Samara	2:17:58.9
215. Reginald Elwell	2:19:05.8
216. John Walker	2:19:07.2
220. Doug Kellogg	2:19:42.7
232. Charles Tuck	2:22:08.0
240. Lawrence Pixley	2:23:34.1
242. Rob Cady	2:24:29.1
246. Marc Nadeau	2:25:10.6
248. Kenneth Jordan	2:25:16.5
253. Mark Banford	2:26:53.4
261. Tom Kessenich	2:29:17.7
264. Phil McFarland	2:29:32.3
272. Michael Rutan	2:30:42.7
289. Ted Sussman	2:35:12.6
291. Michael Cram	2:35:34.3
299. David Su	2:37:27.0
328. David Garry	2:43:37.0
332. Mike Dougherty	2:44:13.2
344. John Hale	2:47:21.9
345. Steve Kazmierczak	2:47:32.6
347. David Shouse	2:49:10.1
364. Michael Klein	2:56:18.3
374. Jason Blackmore	2:57:59.2
379. Andrew Frank	2:04:13.2
380. Les Eadie	3:01:12.0
383. Rich Feeley	3:02:37.1
390. Lou McBeth	3:05:38.8
397. Merle Lowe	3:06:47.4
398. Fran Lee	3:06:57.0
406. Russ Dalessio	3:16:04.1
408. Greg Beswick	3:17:24.9
409. Dean Larabee	3:17:35.4
420. Tony MacDonald	3:32:43.8

MEN 40-49

4. Harold Piene	1:21:17.4
9. Raul Siren	1:23:30.7
27. Robert Salesi	1:33:48.8
28. Willem Brutsaert	1:34:11.0
32. Tom Norton	1:34:36.7
33. Warren Cochra-e	1:34:39.8
38. Bill LoPotro	1:36:38.3
44. Tom Mulvey	1:38:24.0

45. Bob Garret	1:38:48.1
53. Rich Cole	1:41:54.3
56. Ray Owen	1:43:29.0
64. Carl Stewart	1:45:37.2
68. Don Ardine	1:46:16.5
70. David Tyler	1:46:35.3
72. Norm Hawes	1:46:39.6
90. Ron Paquette	1:50:14.3
112. Paul Macaulay	1:55:53.3
132. Pat Pelletier	2:01:01.8
137. Pete Ludwig	2:02:02.6
153. Steve Norton	2:04:56.8
154. Alton Hall	2:04:58.9
181. Jerry Ellis	2:09:48.8
194. John Van Buren	2:12:11.9
199. Linwood Parsons	2:14:06.6
202. David Wiggan	2:14:11.5
211. Larry Nicholson	2:18:08.6
214. Clem Jurgeleit	2:18:53.9
219. Sam Garwood	2:19:39.8
228. Earl Beard	2:21:23.1
236. Frank Bednar	2:22:43.9
245. Mike Brissette	2:25:00.8
256. H. Laskey	2:28:08.7
282. Gary Littlepage	2:33:12.1
283. Mark Boyd	2:33:18.9
311. Tom Homsted	2:40:13.7
331. David Dreisbach	2:44:12.6
338. D. Birgfeld, Jr.	2:45:26.8
350. Bob Gallon	2:51:08.6
367. David Bole	2:56:34.5
381. Ed Meadows	3:01:35.1
392. John Bristow	3:06:13.3

MEN 50-59

14. Gil Roderick	1:29:07.1
25. Roger Wing	1:33:02.0
62. Anders Netland	1:44:58.0
74. Oskar Feichtinger	1:46:46.2
102. Cliff Hatfield	1:53:26.0
128. Bill Stearns	1:59:49.9
145. Bill Ceckler	2:02:55.8
147. Roland Couture	2:03:35.0
162. Juergen Homann	2:07:01.3
203. Frank Ridley	2:14:15.7
212. Ronald Davis	2:18:23.5
266. Mike McMahon	2:29:52.8
297. Ed Eates	2:36:55.7
304. Richard Rowe	2:38:11.0
334. George Snow	2:44:17.3
363. Albert Benar	2:55:37.7
378. Lewis Swallow	2:59:38.5
389. Ed Huff	3:05:03.3
417. John Sullivan	3:23:26.4

MEN 60+

65. John Roderick	1:45:51.4
82. Phil Harmon	1:48:32.6
86. Hiram Towle	1:49:16.1
343. Fred Fowler	2:47:16.5
366. Joe Bornstein	2:56:20.0
387. Jim Wolfhagen	3:04:05.2

MEN & WOMEN who did not admit to age

88. Alan Stevens	1:49:19.7
118. David Johnston	1:56:36.8
178. Vicki Stevens	2:09:21.1
405. Matt Johnson	3:14:52.3
407. Theresa Tenney	3:16:04.5
415. Joyce Boyington	3:22:18.0

Results courtesy of Gil Roderick

1985 BILL KOCH YOUTH SKI LEAGUE NEW
ENGLAND REGIONAL CHAMPIONSHIPS
Bennington, VT Mar 2-3rd

Class V Boys (8-9)

2. David Chamberlain	Farmington
3. Patrick Cote	Farmington
15. Charlie Swift	Auburn
31. Danny Irish	Andover

Class V Girls (8-9)

1. Hannah Upham	Farmington
4. Gretchen Elias	Auburn
12. Rebecca Kuzyk	Bethel

Class IV Boys (10-11)

3. Chris Record	Farmington
8. Josh Gagnon	Auburn
12. Isaac Hutchinson	Auburn
16. Roger Knight	Farmington

Class IV Girls (10-11)

8. Kristen Powell	Bethel
10. Patti Abbott	Auburn
11. Erica Lowell	Bridgton

Class III Boys (12-13)

1. Marcus Nash	Fryeburg
2. Chad Gagnon	Farmington
4. Chris Badger	Jackson, N.H.
11. James Upham	Farmington

Class III Girls (12-13)

10. Paige Christie	Rumford
11. Rachel Yahn	Jay
12. Marin Haskell	Turner

Cross Country Relays

2. Boys A Team	3. Girls A Team
3. Boys B Team	5. Girls B Team

Class III Boys Jumping

11. James Upham	Farmington
14. Dean Angevine	Bethel

Class III Boys Nordic Combined

4. James Upham	Farmington
9. Dean Angevine	Bethel

Results courtesy of Don Angevine
B.K.Y.S.L. Dist 1 Chairman

BRETTON WOODS BIATHLON CHAMPIONSHIPS
Bretton Woods, N.H. Mar 9&10

20K

Penalties

1. Kirk Seigel	Bethel	4	1:13:44
7. Tom Towle	Ft. Fair	11	1:37:39
12. James Schaff	Monm	2	1:48:48
13. A.J. Gallant	E. Mill	13	1:50:38
14. Al Sabaka	Kennebun	9	1:53:15
15. Ron Fletcher	Litch	8	1:57:10
26. Bob Booker	E. Holden	14	2:29:03
28. Ron Otis	Medway	19	2:30:27
31 starters. Penalties represent missed targets out of 20 / 4 bouts of 5 rounds each.			



10K

Penalties

Tom Towle	2-4	36:26
A.J. Gallant	3-3	42:33
Al Sabaka	3-1	46:47
Ron Fletcher	2-2	46:49
Jim Schaff	4-1	48:33
Ron Otis	5-5	63:16
Bob Booker	4-4	64:07
Eddie Schaff	4-2	68:20

We didn't have the final results of the 10K race when we left the Washington Valley on Sunday. I did manage to finish ahead of a few more skiers as well as a tough 13 year old Eddie Schaff. The penalties represent the numbers of targets missed out of 5 prone-standing. In this race we skied penalty loops instead of adding a penalty minute to our time as we did in the 20K.

Now it's your turn. If you would like to get into the exclusive sport of biathlon you can join the all new Pine Tree Biathlon Club. Contact Steve Scott, 818 Ohio St., Bangor, ME 04401. More later.

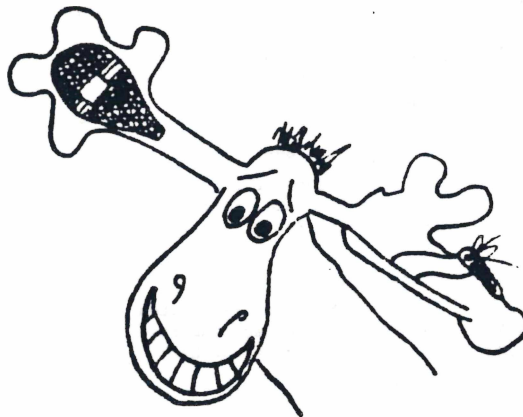
WOODS RUNNERS

The Snow Run!! Another sizzler!! Where the hell were you?!!? We had fun!! Eighteen hundred dollars was raised for the Pine Tree Camp for Crippled Children, led by the indomitable, economic drive of Rusty (Stockman) Taylor, who also found time to pick up a third place finish.

Fifteen hundred pounds of the good ole "grade A's" were drawn off along with numerous other items, including Duane's high school jock. Multitudinous, copius and wicked big amounts of grub was "swallowed", all provided by the kindly, culinary hand of Big Al and the Ellis Family IGA. One hell of a tailwind and 350 yards of gravel dumped on the last quarter mile led to a non-skid finish for all as well as three Katahdin High School janitors quitting in total frustration.

Winners you ask?!!? Ah yes, one hundred and forty-eight, (count em). It was a jubilant, chuckling, fun-filled crowd of great people, each of whom added special meaning to this zany outburst of winter fun. It was Joe McGuire of Woodstock, N.B. breaking Glen Holyoke's course record with a sparkling 23:49 for the well measured, highly accurate, without question, 4.8 mile run. A small note of interest, if I may interject.... Nerdlie, when queried about the reputed lack of accuracy espoused by some race directors, replied in his inimitable fashion..."Not akkurite???!! What do ya mean, not akkurite!! It's the same this year as it was last year!! It starts at the same crack in the road in front of the gas station and ends at the second orange pole in front of the school!! It ain't changed a bit in four years!! Course it's akkurite!! Them guys with their bikes and them gadgets and their fussin and cussin about being surtified can come up and look at the startin crack!! It's zactly where it was before! Not akkurite... HA!!!"

Anyway, pretty, pleasant and just plain nice Carol McElwee came home the winner in the women's division in 30:29, just a coyote hair over the old record. Duane allowed that next year HE's gonna pass out the trophies to the ladies cause old Nerd was gettin all them hugs and ole Duane wound up with one zinging good case of whisker burn cause he got stuck with the men's trophies and Rusty and some a them other guys wanted their hugs too!! Heh, heh, it sure was funny.



Poor ole Duane, he ain't zactly playin with the proverbial full deck ya know...

The mean runner ride (wot in the hell are we gonna do next year???) a full-blastin, bubble bath whirlpool ride!! Terrence Sheehan of Mt. chase was the good sport that caused the bleacher people to rise as he was paraded afore them in all his bubbly splendor!!



All in all, there were some fine times turned in by both the men and the women, some good finishes by first timers and a couple of corkin walkers. Oh yes...once more the Musterd's captured both team titles, snatching defeat from the jaws of victory...or whatever!

As some witful pundit said during last year's run..."the best race of the summer" turned out to be just that. Katahdin Trust Company and it's spectacular backing creates a welcome diversion to the wacky world of winter.

To all of you who came to our neck of the woods...thank you for doing so. Thank you for sharing yourselves. You did you know...It was fun, warm, and we wouldn't miss it for the world!!



the snow bike tennis Shed

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tontine mall, brunswick, maine 04011 tel. 207-725-8930

**DIAMOND
BACK**



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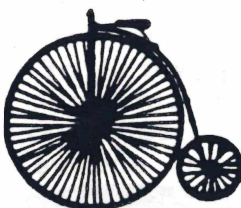
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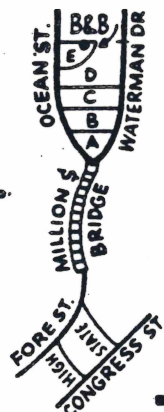
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SUNDAY, AUGUST 18 —
SATURDAY, AUGUST 24, 1985

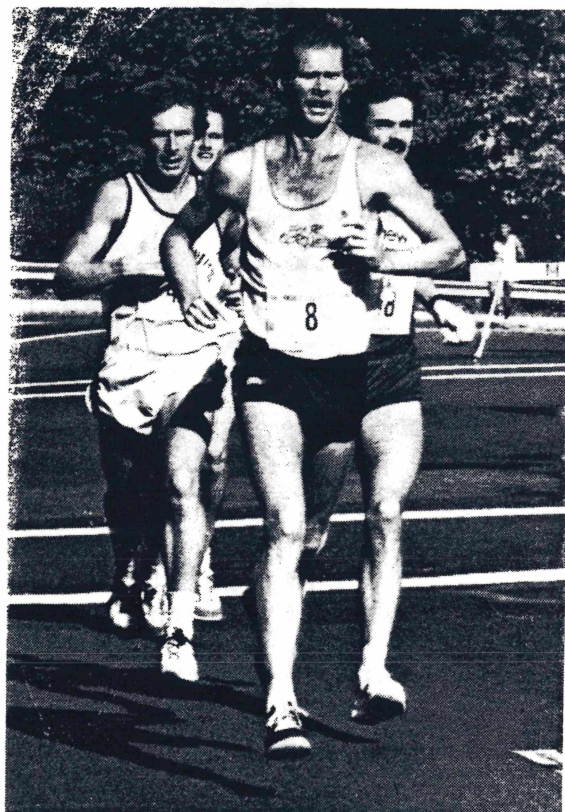


Photo: Jon Lorway

CAMP DIRECTOR
Andy Palmer - Brandeis University

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In addition to our Adult camp at the College of the Atlantic, we are once again offering camps for young people at Bowdoin. July 7-12 for youngsters going into 5th thru 9th grades. July 21-26 for high school aged athletes.

Write for a camp brochure



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

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MEMBERSHIP APPLICATION

The Maine Track Club is an active group of recreational and competitive runners organized to promote fitness through jogging, running and road racing throughout southern Maine.

Join your friends in the running community and share the benefits of membership in the Maine Track Club.

We Offer:

- . A monthly newsletter including information about upcoming events and club activities.
- . Convenient monthly meetings with topics relevant to running and physical fitness.
- . Discounts at selected running and sports outlets.
- . A sponsored racing schedule.
- . An atmosphere where friendships and involvement in the running community are enhanced.

I hereby make application to the Maine Track Club as follows:

(check one)

____ Individual, \$12.00 ____ Family, \$15.00 ____ Student, \$5.00

NAME(s) _____ (M) ____ (F) ____ BIRTH DATE _____

_____ (M) ____ (F) ____ BIRTH DATE _____

ADDRESS _____

TELEPHONE (B) _____ (H) _____

EMPLOYER(s) _____

OCCUPATION(s) _____

IF STUDENT, SCHOOL _____ GRADE LEVEL _____

OTHER INTERESTS _____

YOUR SPONSOR (if any) _____

Make Checks payable to "Maine Track Club" and forward to the above address.



THE FIRST ANNUAL WINTER HARBOR



"DASH AND THRASH BIATHALON"

DATE: SATURDAY, MAY 18th, 1985 10:00 A.M.

PLACE: ACADIA NATIONAL PARK, WINTER HARBOR, ME.

ENTRY FEE: \$4.00 PER PERSON, \$8.00 PER TEAM. ENTRY FEE MUST ACCOMPANY APPLICATION. MAKE CHECKS PAYABLE TO "RECREATION FUND". NO REFUNDS ON ENTRY FEE. RACE PACKETS WILL BE MAILED TO THOSE WHO PRE-REGISTER BY MAY 1ST. LATE ENTRY FEES WILL BE ACCEPTED UP UNTIL 9:30 A.M. ON RACE DAY. LATE ENTRY FEE WILL BE \$5.00 PER PERSON AND \$10.00 PER TEAM.

T-SHIRTS: WILL BE GIVEN TO THE FIRST 100 ENTRANTS.

COURSE: RUNNERS WILL RUN A 5 MILE OUT AND BACK COURSE. TEAM RUNNERS WILL TAG THEIR TEAM BIKER IN A 75 YARD EXCHANGE AREA. INDIVIDUALS WHO ARE COMPETING BY THEMSELVES WILL HAVE THEIR BIKES PARKED IN THE EXCHANGE AREA. BIKERS WILL PROCEED ON THE OUTBOUND ROAD THROUGH ACADIA NATIONAL PARK WITH A 2 MILE STRETCH ON RT. 186. THE COURSE WILL BE AN 11.4 MILE LOOP.

AWARDS: PLAQUES WILL BE AWARDED TO THE TOP 3 FINISHERS IN EACH DIVISION.

DIVISIONS: MENS AND WOMENS OPEN—29, 30-34, 35-39, 40 and OVER.

TEAMS: MENS AND WOMENS OPEN, MIXED TEAMS OPEN.

ACCOMMODATIONS: PARKING WILL BE AVAILABLE AT THE SOFTBALL FIELD ON THE NAVY BASE, WHICH IS LOCATED IN ACADIA NATIONAL PARK. SOMEONE WILL BE AT THE ENTRANCE TO THE NAVY BASE TO DIRECT YOU AND ANSWER ANY QUESTIONS THAT YOU MAY HAVE CONCERNING THE RACE AND PARKING. SHOWER FACILITIES WILL ALSO BE AVAILABLE AT THE GYMNASIUM ON THE NAVY BASE.

PRE-RACE CHECK: PRE-REGISTERED ENTRANTS NEED NOT CHECK IN ON RACE DAY. LATE ENTRANTS WILL BE ACCEPTED UNTIL 9:30 A.M.

POST RACE ACTIVITIES: FRUIT AND JUICES WILL BE PROVIDED AFTER THE RACE. EVERYONE IS ENCOURAGED TO PACK A LUNCH AND ENJOY THE REST OF THE DAY WITH FRIENDS AND FAMILY AT BEAUTIFUL ACADIA NATIONAL PARK. THE AWARDS CEREMONY WILL TAKE PLACE AT THE SOFTBALL FIELD ON THE NAVY BASE IMMEDIATELY AFTER THE RACE.

RACE DIRECTORS: PAT STUMBRAS AND BILL WIEDNER. ANY QUESTIONS CALL 963-5534 EXT. 315/309 OR 963-7566.

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NSGA

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WINTER HARBOR, ME. 04683

REGISTRATION FORM

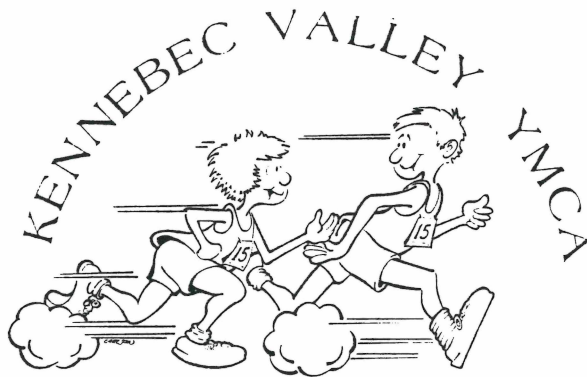
In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Dash and Thrash Biathlon.

Name.....T-Shirt Size: S M L XL (circle one)

Address.....City.....State.....

Signature.....Age.....

Parent or guardian (if under 18)



10,000 METERS

Date: May 18th, 1985; Race begins at 10:00 AM

Place: Hodgkins Junior High School, Malta Street, Augusta, Maine

Race Directors: Steven Russell and Diana Daniel, 622-6391

Registration: Race day from 8:45-9:45 AM at Hodgkins School or

Mail pre-registration to: Steve Russell, Kennebec Valley YMCA,
33 Winthrop Street, Augusta, Maine 04330

THE FIRST 75 TO REGISTER WILL RECEIVE A COMMEMORATIVE
RACE T-SHIRT!

ENTRY FEE: \$5.00 per individual. Checks payable to: Kennebec Valley YMCA

Race consists of two loops over 5K course. Splits will be available at 1 mile
and at 3.1 miles. Water will be available at approximately 2, 3.1, and 5 miles.
Refreshments and awards ceremony will take place in Gymnasium at Hodgkins School
immediately following.

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AWARDS

MALE TOP 5 FINISHERS	FEMALE TOP 3 FINISHERS
1st and 2nd in age groups	1st and 2nd in age groups
18 and under	18 and under
19-29	19-29
30-39	30-39
40-49	40 and over
50 and over	

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In consideration of this entry being accepted, I hereby, for myself, and my heirs,
executors or administrators, waive and release all rights and claims for damages I
may have against the race directors, the Kennebec Valley YMCA, and sponsors of the
YMCA 10K road race for any and all injuries incurred before, during, and after the
race. I attest and verify that I am physically fit and sufficiently trained to
participate in this event.

Name _____ Age _____ Sex _____ Signature _____
(If under 18, parent or guardian)

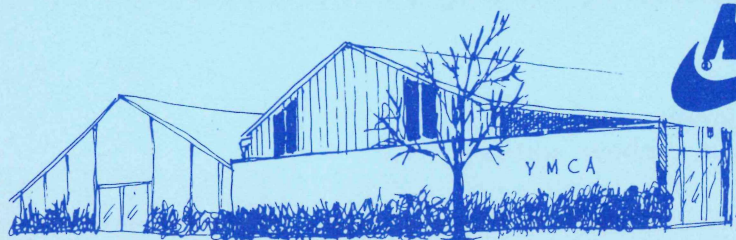
Street _____ Town _____ State _____ Zip _____
T-Shirt Size(Circle one) Youth M Youth L Adult S Adult M Adult L

Please make checks payable to: Kennebec Valley YMCA
c/o Steve Russell
33 Winthrop Street
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5th annual ROCKY COAST ROAD RACE 10k

Boothbay Harbor, Maine

May 11, 1985



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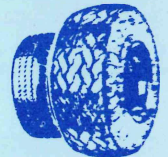
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Oak St.
Boothbay Harbor, Me

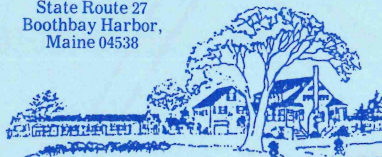
and excellent

Down-East Cuisine

Seagate MOTEL

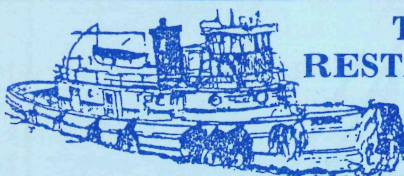
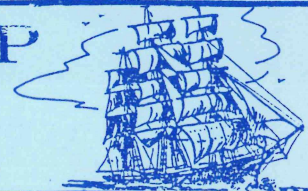
Open Year Round
Mary Ev. & Howard Friant
(207) 633-3900

State Route 27
Boothbay Harbor,
Maine 04538



FLAGSHIP MOTOR INN

Townsend Ave
Boothbay Harbor, Me. 04538
(207) 633-5094



TUGBOAT INN, RESTAURANT & MARINA

633-4434

100 Commercial St.
Boothbay Harbor, Me. 04538



Boothbay Harbor,
Maine 04538

633-5381



CAP'n FISH's WATERFRONT MOTEL

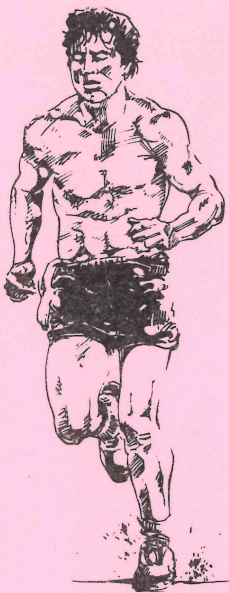
65 Atlantic Ave.
Boothbay Harbor, Me 04538

(207) 633-3636

RUSSELL HOUSE

INN & RESTAURANT
BOOTHBAY HARBOR

RESERVATIONS ACCEPTED 633-6656



1
9
8
5

ATHLETIC ATTIC

ROAD RACE SERIES



MAY 11: BANGOR 5-MILER

JUNE 16: AUBURN'S SOLSTICE STRUT - 4 MILES

JULY 14: PORTLAND'S PERFECT 10 K

BANGOR 5 MILER

AT:

ATHLETIC ATTIC
BANGOR MALL
SATURDAY, MAY 11
8:30 A.M. START

ENTRY FEE: \$4.00 Pre-register, \$5.00 Race Day.
Pre-register by mail or in store before
Wednesday, May 8. Register race day 7:45-8:15
inside mall.

PRIZES:

1st two male & female finishers
in following age groups:
18 & under
19-29
30-39
40-49
50-59
60 & up

PRIZES:
GIFT CERTIFICATES
FROM ATHLETIC ATTIC

T-SHIRTS TO FIRST
50 ENTRANTS

COURSE MAP
AVAILABLE
IN STORE

AGE GROUP WINNERS
WILL BE LISTED ON
BACK COVER OF MAINE
RUNNING & OUTING MAGAZINE!

COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Sex: _____

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event.

Signature _____ Date _____

*Parents signature is required if participant is under 18 yrs. of age.

"People Die, Dreams Don't"

Terry Fox
1958 - 1981



From April 12 to Sept. 1, 1980 Terry Fox ran his Marathon of Hope, a trans-continental run of Canada - on one good leg and an artificial limb.

He ran to prove to people that being handicapped doesn't mean being disabled ...that cancer can be beaten. He ran to raise money for cancer research.

Struck down by cancer again, after running 3,339 miles, Terry Fox's dream still deeply mattered to him. On his deathbed he told a reporter: "People die, dreams don't".

Help keep this very special young man's dream alive - come run and help raise money to fight cancer.



5 K (3.1 Miles) RUN

IN TRIBUTE TO TERRY FOX

SPONSORED BY
VILLAGE SUBARU
AND
BANGOR MOTOR INN

SUNDAY, MAY 5

10:00 AM

BANGOR MOTOR INN

ALL PROCEEDS
DONATED TO
MAINE DIVISION
AMERICAN CANCER
SOCIETY

NAME _____

ADDRESS _____

T-SHIRT SIZE

CIRCLE

S M L XL

Sex _____ Age _____

T-Shirt awarded to 1st 600 to Pre-register

Post-Registration at Bangor Motor Inn 8:30-9:30 AM (DAY OF RACE)

Registration: \$5.00, recommended donation.

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against the sponsors at this run.

signature

parent's signature if under 18

Make check payable to: American Cancer Society

Mail To: Charles Summers, Bangor Motor Inn
701 Hogan Road, Bangor, Maine 04401

DOWNEAST ~ DOGTROT



A COMPETITIVE RUN OF 3 MILES, EACH RUNNER TO BE ACCOMPANIED BY A DOG ON A LEASH. The event is to benefit the CAMDEN-ROCKPORT ANIMAL RESCUE LEAGUE.

A FUN RUN of 9/10s mile, also with dogs on leashes will be included.

DATE: Sunday, May 5, 1985. RAIN OR SHINE.

TIME: Race starts at 11 a.m. Fun Run right after.

REGISTRATION: 9 - 10:30 a.m.

FEES: Prereg: \$4.00. Race Day: \$5.00

Fun Run: \$1.50 a head, whether human or canine.

LOCATION: Beauchamp Pt., Rockport, Maine. Start and finish at the Wm. Gribbel's house, Calderwood Lane. (Directions: in the center of Rockport Village find Russell Ave. at a little triangle just uphill from the Opera House; follow it east 4/10s of a mile to Calderwood Lane. Follow Calderwood 1 mile and watch for Dogtrot signs. From Camden center take Chestnut St., go by post office and continue 1.6 miles to Calderwood Lane).

DESCRIPTION: A country course, mostly on dirt roads, with some hills. Permission has been obtained for use of private roads and driveways for the period of this run only; it in no way indicates authorization to use this privately-owned land at any other time.

FACILITIES: Basic bathroom facilities at house. Lotsa bushes for dogs!

WATER: At start, finish, and half-way point.

REFRESHMENTS: Served after the race.

AWARDS: Race: 1st and 2nd place prizes for men and women in each division.

Fun Run: One prize for each category; if there are ties in group entries, prize will be awarded to the first to finish.

DIVISIONS: Race: 5 each for men and women: 14 years and under, 15 - 25, 26 - 35, 36 - 50, over 50.

Fun Run: Most dogs, under STRICT control, attached to one person; most people attached to one dog (6' leash maximum); youngest human to complete course on his own feet; oldest human to finish; 1st male and female humans to finish.

RESULTS: Complete results will be published in MAINE RUNNING magazine.

T SHIRTS: Commemorative T shirts and sweatshirts will be available.

RULES: 1) All dogs must be on a leash and under control at all times. The League reserves the right to exclude from the race anyone who cannot control his/her dog.

2) Discipline is one thing, but any flagrant abuse of a dog will result in the owner being disqualified.

3) No runner allowed without a live dog.

4) Please don't bring a bitch in heat!

QUESTIONS? Call Margaret Emerson, 236-2597, or the Animal Rescue League, 236-8702.

ENTRY FORM: See reverse side of this flyer.

PARKING IS ALWAYS A PROBLEM - PLEASE COME EARLY!

****DOWNEAST DOGTROT ENTRY FORM****

In consideration of the acceptance of my entry for "Downeast Dogtrot" or its associated Fun Run I for myself, my executors, administrators, and assignees, do hereby release and discharge the Camden-Rockport Animal Rescue League, the Town of Rockport, the Megunticook Golf Club, the Gribbel, Ames, Dodge, and Chatfield families of Beauchamp Pt., any other sponsors or volunteers, and their agents and employees for all claims of damages, demands, or actions of any kind whatsoever in any manner arising or growing out of the participation of myself and dog(s) in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I, and my dog(s) are physically fit and sufficiently trained to participate in this event.

NAME _____ AGE _____ SEX _____

ADDRESS _____ TEL: _____

SIGNATURE: _____
(Parent or Guardian if under 18)

DOG'S NAME: _____ BREED: _____ SEX: _____ AGE: _____

____ RACE _____ FUN RUN, How many heads? _____

Please make checks payable to: Camden-Rockport Animal Rescue League.

Mail to: Margaret Emerson, RFD 1, Box 4876, Camden, Maine 04843.

THE FALMOUTH LITTLE LEAGUE BENEFIT RACES

DATE: Sunday, May 5, 1985 Sanctioned by the Maine Track Club

PLACE: Parking lot at Legion Field; located on the backside of the Colony Cadillac Block on Route 1 in the Falmouth shopping center area.

<u>Course Records:</u>		Male		Female
Half-mile:	2:25:6	Erik Worcester	2:48:1	Meeghan Carrigan
One mile :	4:43:8	Stephen Carpenter	5:22:5	Susie Hamlin
Four miler:	20:50:9	George Towle	28:15:4	Jane Dolley

Registration: Day of the race 9 A.M. up to 30 minutes prior to respective race. Please make checks payable to Falmouth Little League. Preregistration prior to May 1 by mailing check to:

Snack Bar	Philip S. Pierce, Treasurer
Toilets	Falmouth Little League
No showers	79 Waites Landing Road
At least 100 prizes	Falmouth, Maine 04105

Race #1: 9 years and under: 1/2 mile out and back, flat course, at 10 A.M.
Entry Fee \$1

Race #2: 10 years through 15 years: 1 mile out and back twice, at 10:30 A.M.
Entry Fee \$3

Race #3: Falmouth Four Miler, out and back; rolling hills miles 2 and 3, flat miles 1 and 4. Water and splits available. Begins at 11 A.M. Entry Fee \$5 day of race; \$4 prior to May 1, 1985; \$3.50 for Maine Track Club Members.

Awards: First Place each age Male and Female, 15 years and under.

First three places age group Male and Female, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over, and First Male and Female Finisher. To be awarded; trophies, bats, hats, t-shirts, and more.

Information: Philip S. Pierce, 781-3769 evenings; Gerald M. Davis, 797-5309 evenings

Results: Complete results will be published in Maine Running Magazine.

In consideration of this entry being accepted, I for myself, my children, my heirs and assigns waive and release any and all rights and claims or damages I may have against the Falmouth Little League, their representatives, the race director or others, for any and all injuries suffered by me or my children at the said race.

NAME _____ AGE _____ SEX _____

ADDRESS _____

SIGNATURE _____

PARENTS SIGNATURE (for runners under 18) _____



china 10k classic



WHEN: April 27th, 1985

WHERE: China Elementary School, China, Maine

EVENTS: The China 10K Classic is comprised of two events; a 1 mile "Fun Run" and a 10 kilometer road race.

REGISTRATION: Entrants may pre-register prior to April 22nd by sending the completed application and entry fee to CHINA 10K CLASSIC, Box 148, So. China, ME 04358. Registration will be held at China Elementary School on race day from 8:00 until 10:05. Pre-registrants enclosing a self-addressed stamped envelope can have their race numbers sent to them in the mail and avoid a last minute rush at the registration table.

PRIZES: Short-sleeved T-Shirts will be given to the first 200 entrants in the "Fun Run", and long sleeved T-Shirts to the first 150 entrants in the 10K race. In addition, 1st, 2nd, and 3rd place awards will be made in the following categories: Kindergarten thru 8th grade and adults in both boys and girls divisions in the "Fun Run", and 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and over, and 1st China Resident in the 10K race. Every participant in the "Fun Run" will receive a souvenir ribbon at the finish line. \$50.00 Gift Certificates will be awarded to the overall winners (male and female) in the 10K. Other awards will include trophies, ribbons, hooded sweatshirts, craft items, and homemade pies. After the awards are given out, a number of drawing prizes will be given away, including a 10-Speed Bicycle to some "lucky" entrant in the "Fun Run".

REFRESHMENTS: There will be two water stops along the 10K course. Juice, fresh fruit, and yogurt will be served to all finishers at the finish line. After the races, FOCES will offer a lunch with hot and cold drinks while the race results are being tabulated.

SCHEDULE OF EVENTS:

8:00-10:05	Registration
10:15-	Fun Run Start
11:00-	10K Start
11:45-	Awards Presentation Start

RECORDS:

Bruce Bickford	31:28
Robin Emery	38:58

SPONSORSHIP: The task of organizing and presenting the CHINA 10K CLASSIC is under the direction of the Friends of China Elementary School (FOCES). All proceeds from the race are used to subsidize educational activities for the children of China Elementary School. FOCES is indebted to the G & E ROOFING CO. of Augusta, Maine for their support as the major sponsor of the event. Additional sponsors and patrons will be acknowledged on race day.

INFORMATION: Information regarding the China 10K Classic & Fun Run can be obtained by writing David Comeau, Race Director at Box 119, China, ME 04926 or by calling (207) 968-2511.

Please enter me in the 1985 CHINA 10K CLASSIC roadrace. I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in this event. In consideration of being accepted in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the CHINA 10K CLASSIC & FUN RUN including FOCES, the G & E Roofing Co., and all persons associated with FOCES and the CHINA 10K CLASSIC, its directors and volunteer workers from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or incident to my participation in this event. I hereby certify that I am physically fit and have trained for competition in this event. I further understand that my entry fee is not refundable.

(Entry Fee \$4.00)

Parent must sign if entrant is under 18

10K

T-Shirt Size: S M L XL (Circle One)

So. China, ME 04358

St. Joseph Spring Wellness Run

WHEN? Saturday, April 27, 1985

WHERE? ST. JOSEPH HOSPITAL (Parking Lot)
297 Center Street
Bangor, Maine

-sponsored by-

ST. JOSEPH AMBULATORY CARE, INC.
P.O. BOX 8083
BANGOR, MAINE 04401

DISTANCE: 5 Kilometers (3.1 miles)

Mail entry form with your entry fee
to the above address, or register
the day of the race

TIME: 10:00 a.m. start

ENTRY FEE: \$2.50 Registration Fee-Payable with registration - no T-shirt
\$5.00 Registration fee includes T-shirt
Make checks payable to: St. Joseph Healthcare Foundation

PRE-REGISTRATION & REGISTRATION: 9:00 a.m.

COMPLETE RACE RESULTS WILL BE PUBLISHED IN "MAINE RUNNING" MAGAZINE

RIBBONS WILL BE AWARDED IN THE FOLLOWING DIVISIONS:

1st-3rd Men's Open

1st-3rd Girls (10 & Under)

1st-3rd Women's Open

1st-3rd Boys (10 & Under)

1st-3rd Men's Masters (over 40)

1st-3rd Boys (11 to 15)

1st-3rd Women's Masters (Over 40)

1st-3rd Girls (11 to 15)

Youngest Finisher

1st-3rd St. Joseph Employees - Men

Oldest Finisher

1st-3rd St. Joseph Employees - Women

FEATURES: One Aid Station at midway point (includes time)

All proceeds from the Run will go to St. Joseph Healthcare Foundation

OFFICIAL ENTRY FORM

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I FOR MYSELF, MY HEIRS, AND
ASSIGNS HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS I MAY HAVE
AGAINST THE SPONSORS OF THIS RACE.

NAME _____ ADDRESS _____ M _____ F _____

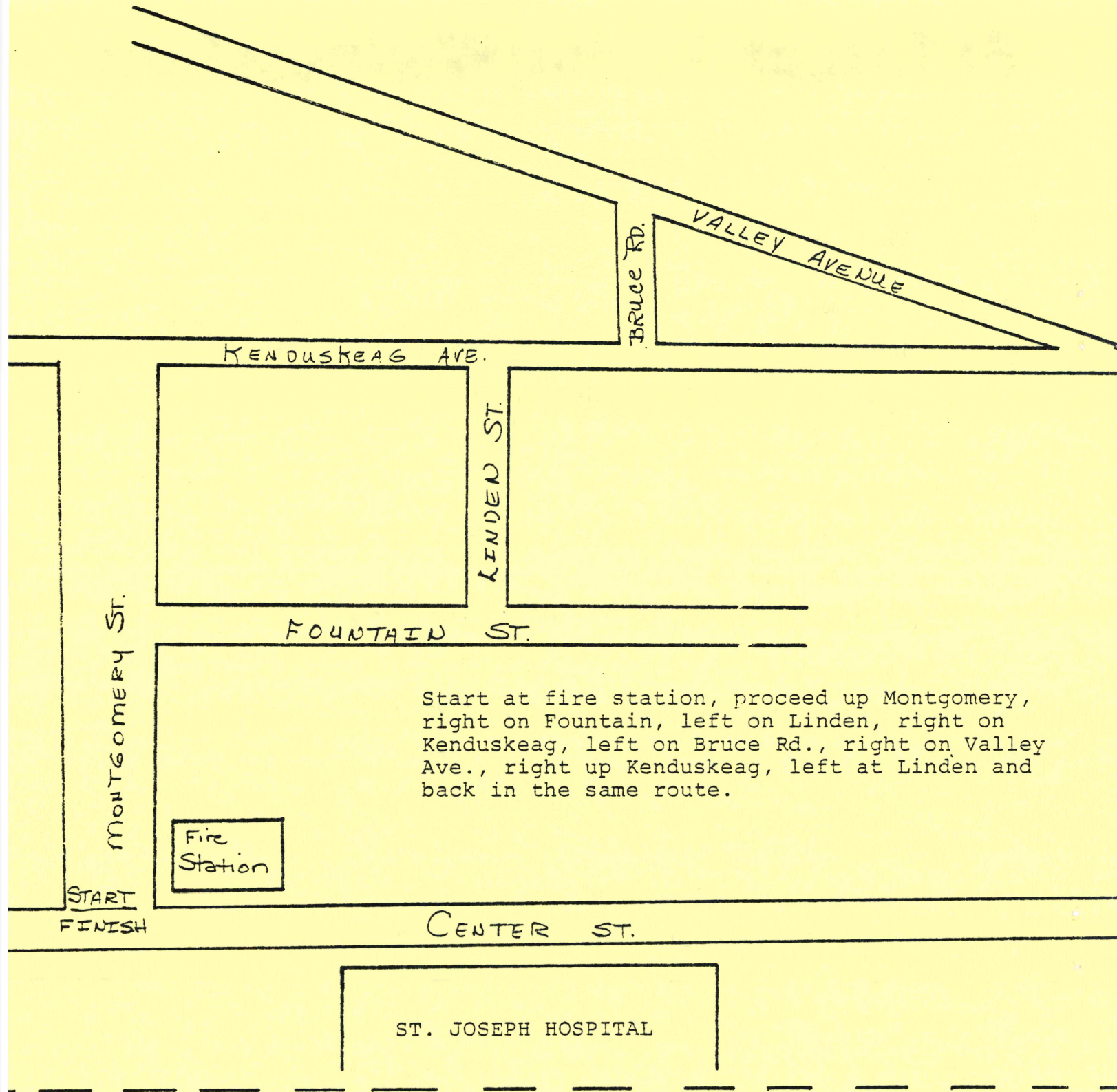
AGE _____ DIVISION ENTERING _____

SIGNATURE _____ T-SHIRT SIZE S M L XL

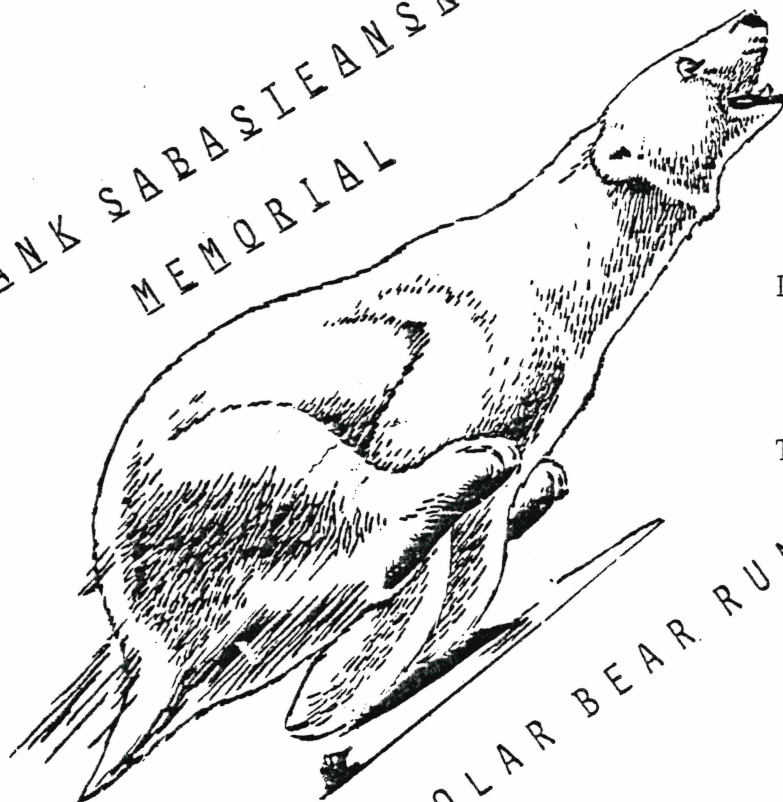
SIGNATURE OF PARENT OR GUARDIAN FOR THOSE UNDER 18 _____

_____ \$2.50 _____ \$5.00 (includes T-shirt)

WELLNESS RUN
3.1 miles



FRANK SABASIEANSKI MEMORIAL



POLAR BEAR RUN

DATE: Sunday April 14, 1985

LOCATION: Start and finish at the
Bowdoin College Polar Bear
Bowdoin College
Brunswick, Maine

TIME: 12:00 Noon

COURSE: 10K Reasonably flat - See course map on reverse side.

REGISTRATION: 10:30 - 11:45 Sunday near the Polar Bear. FEE: \$2.00

FACILITIES: Rest rooms available. Refreshments at the finish line.

AWARDS: A prize will be awarded to the first male and female in each category.
Race T-shirts will be awarded to the second and third place finishers
(male and female) in each category.

SPONSOR: Society of Bowdoin Women

RESULTS: Will be printed in Maine Running and Outing Magazine and New England
Running

NAME _____ ADDRESS _____

MALE

circle one

FEMALE

_____ 18 and under

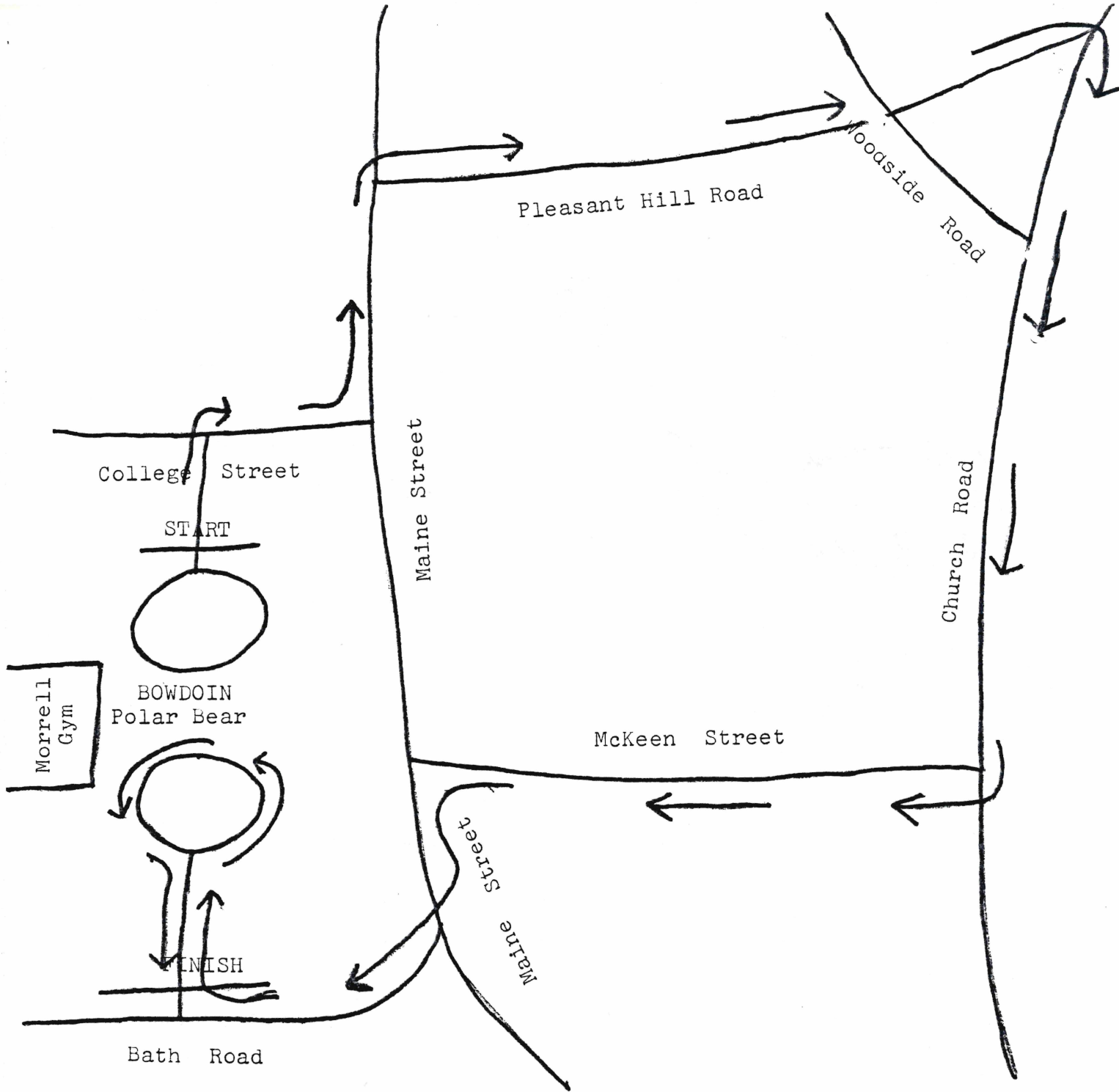
_____ 40 - 49

_____ 19 - 29

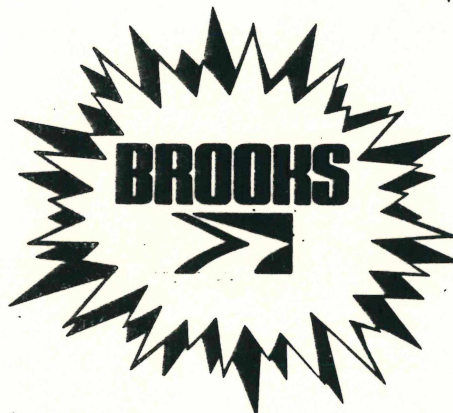
_____ 50 and Over

_____ 30 - 39

_____ Bowdoin Faculty/Staff



RED HOT! SALE

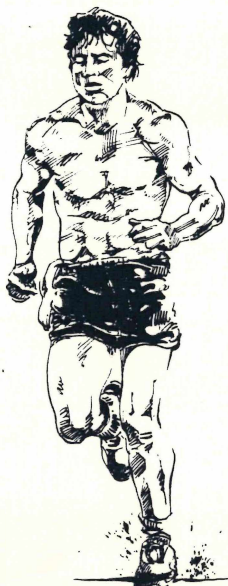


GOLDSMITH'S

HOGAN ROAD • 947-1168 • BANGOR, MAINE

VISIT OUR OTHER LOCATIONS

ROCKLAND • PRESQUE ISLE • OLD TOWN • AUBURN



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ATHLETIC ATTIC

ROAD RACE SERIES



MAY 11: BANGOR 5-MILER
JUNE 16: AUBURN'S SOLSTICE STRUT - 4 MILES
JULY 14: PORTLAND'S PERFECT 10 K

BANGOR 5 MILER

AT:

ATHLETIC ATTIC
BANGOR MALL
SATURDAY, MAY 11
8:30 A.M. START

ENTRY FEE: \$4.00 Pre-register, \$5.00 Race Day.
Pre-register by mail or in store before
Wednesday, May 8. Register race day 7:45-8:15
inside mall.

PRIZES:

1st two male & female finishers
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60 & up

PRIZES:

GIFT CERTIFICATES
FROM ATHLETIC ATTIC

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BANGOR MALL
Skip Howard
(207) 947-6880

METHUEN MALL
Kevin Retelle
(617) 683-5069



AUBURN MALL
Paul Hammond
(207) 786-2507

BACK BAY PORTLAND
Doug Ingersoll
(207) 775-6244

"Specialists in Athletic Footwear and Clothing"